

Are you worried about money?

Staff information factsheet



OFFICIAL

Here is a list of some recommended Government approved pathways that are available to you, for free, impartial and confidential money advice and support .

Information on local support services for Glasgow City and other Scottish Local Authority areas can be found here: <https://www.foodaidnetwork.org.uk/cash-first-leaflets>

Benefits

1. **Citizens Advice Scotland - Freephone: 0800 028 1456** (Mon-Fri, 8am-6pm) for help with housing, benefits, debt, and consumer issues such as energy bills.
Visit: <https://www.cas.org.uk/> for online information, advice, and guidance or find [your local bureau](#).
2. **Social Security Scotland - Freephone: 0800 182 222** (Mon-Fri, 8am-6pm) to find out about benefits and grants, need support paying for a funeral, disabled people, carers, young people entering the workplace. Visit www.mygov.scot/benefits for more information.

If you're disabled, you can get free support from an independent advocate to help you to apply for Social Security benefits. **Freephone: 0300 303 1660**, email: helpline@voiceability.org or visit: www.voiceability.org to find out more.

3. **Scottish Welfare Fund** - you may be able to get a grant if you need help you pay for essentials, such as food, gas, electricity, or household goods. Visit: <https://www.mygov.scot/scottish-welfare-fund/how-to-apply>
4. **Department for Work and Pensions** - for information on welfare, pensions and working age, disability, and ill health benefits visit: <https://www.gov.uk/government/organisations/department-for-work-pensions>
5. **Long Term Conditions & MacMillan Cancer Support Service - Phone: 0141 287 5901** (Mon-Fri 9am-5pm) for free, confidential money advice and support for anyone diagnosed with a chronic obstructive pulmonary disease (COPD), cancer, heart failure or stroke.
6. **Home Energy Scotland - Freephone: 0808 808 2282** (Mon-Fri 8am-8pm, Sat 9am-5pm) for advice and help to keep your home warm, cut your energy costs, and reduce your bills. Visit: <https://www.homeenergyscotland.org/> for more information.

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Debt advice

1. **National Debtline - Freephone: 0808 808 4000** (Mon-Fri 9am-8pm, Sat 9.30am-1pm) for free advice and resources to help you with your debts. Visit: <https://www.nationaldebtline.org/>
2. **Step Change - Freephone 0800 138 111** (Mon-Fri 8am-8pm, Sat 8am-4pm) for free advice, guidance and tools to help with debt problems. Visit: <https://www.stepchange.org/how-we-help/debt-advice-scotland.aspx>

Community lenders

1. **Glasgow Credit Union (GCU) - Phone 0141 274 9933.** Financial Benefits are available to council staff including low-cost loans, member discounts and competitive deals on mortgages and insurance. Visit: <https://www.glasgowcu.com/gcc-join-today/> or their [Financial Wellbeing Hub](#).
2. **Find Your Credit Union (FYCU) -** Search the online directory of Credit Unions <https://www.findyourcreditunion.co.uk/credit-unions/glasgow-credit-union/>

More information and support

1. **Workplace options** - our Employee Assistance Provider is available 24/7 for free, confidential, and independent advice and support that matters to you and your family. **Freephone: 0800 247 1100** or email: assistance@workplaceoptions.com
2. **Breathing Space - Freephone: 0800 83 85 87** (Mon-Fri 6pm-2am, 24 hours at weekend) if you are feeling low, anxious, or depressed.
3. **Samaritans - Freephone: 116 123** (24/7) or find out [other ways of getting in touch](#).