

# ARE YOU WORRIED ABOUT MONEY AND STRUGGLING TO AFFORD ESSENTIALS?

The **Help through Hardship** helpline is a free and confidential phone service delivered in partnership with Citizens Advice. Our friendly advisers are here to help you access the support you need.



**CALL NOW:**  
**0808 2082138**

If you're experiencing hardship, **you're not alone.** We'll work with you to help you find a way forward.

Phonelines are open Monday to Friday 9am-5pm.  
Closed on public holidays.



More on Help through Hardship:  
[www.trusselltrust.org/get-help/help-through-hardship-helpline/](http://www.trusselltrust.org/get-help/help-through-hardship-helpline/)



Visit our website for more:  
[witney.foodbank.org.uk/get-help/how-to-get-help](http://witney.foodbank.org.uk/get-help/how-to-get-help)  
Phone: 07949 442342  
Email: [info@witney.foodbank.org.uk](mailto:info@witney.foodbank.org.uk)

