

# **Need help? Here are some useful numbers**

Community Helpline -	0114 273 4567
Citizen's Advice Bureau -	0808 278 7820
Domestic Abuse -	0808 808 2241
Drugs / Alcohol Support -	0114 272 1481 / 0114 305 0500
Mental Health -	0114 226 3636 / 0808 196 8281
Homelessness -	0114 273 6306
Struggling to Pay Rent -	0114 293 0000
Refugee / Asylum -	0808 196 7272
Bereavement -	0800 048 5224