

Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

Claim any benefits you're entitled to

Use 1 of these benefits calculators to determine whether there are any benefits you could be claiming:

- › [Turn2us](#)
- › [Policy in Practice](#)
- › [Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds

You may be able to get benefits paid early if you're already feeling the squeeze - this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP) office that's dealing with your claim.

Universal Credit

Or, if you don't have an online Universal Credit account, by calling the Universal Credit helpline [0800 328 9344](tel:08003289344).

The Universal Credit helpline phone number is available Monday to Friday between 9:00 am and 4:00 pm.

The Universal Credit helpline textphone is [0800 328 1344](tel:08003281344).

The Universal Credit helpline textphone is available Monday to Friday between 8:00 am and 6:00 pm.

Further information

- › Contact [StepChange](#), if you're struggling with debt
- › Contact [Shelter](#) if you're having issues related to housing
- › Get free household goods on [Freecycle](#)
- › Contact the [Salvation Army](#) for emergency assistance
- › See if you're eligible for [grants from Turn2us](#)
- › Single parents can get support from [Gingerbread](#)