

#Help4All



Get free support and advice on:



Money - including cost of living, debt, energy costs, jobs, benefits and transport.



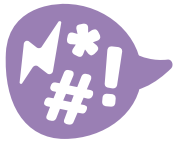
Food - find your local food bank, Happy Healthy Holidays, and more.



Home - housing support and advice, including help with your rent or mortgage.



Health and Wellbeing - find local support and toolkits for adults, young people and children.



Domestic abuse - help if you or your family are affected by domestic abuse or violence.



Problems with drugs or alcohol - for young people and adults affected by substance abuse.



Parenting - tools and guides for parents, carers and grandparents.



Scan the QR code or visit:

www.connectsomerset.org.uk/help4all