

We are your helping hand

There's lots of support, advice and services to help you manage the cost of living. Turn over to find out more. Alternatively, visit www.hertfordshire.gov.uk/costofliving or scan the QR code.

If you need help and don't know where to turn, contact HertsHelp on 0300 123 4044



We are
Hertfordshire County Council



HertsHelp

Independent advisors offering free, confidential advice on local services and support.

Call: 0300 123 4044

Email: info@hertshelp.net

www.hertshelp.net

Warm Spaces

Find a Warm Space near you, locations all across Hertfordshire.

Call: 0300 123 4044

www.hertfordshire.gov.uk/warmspaces

Welfare Assistance Service

Support scheme to help Hertfordshire residents facing an immediate financial crisis.

www.hertfordshire.gov.uk/was

Money and benefits advice

Free guides on debt and benefits, disability, bereavement, housing, retirement, carer support.

www.hertfordshire.gov.uk/moneyadvice

Citizens Advice

Receive free, local, confidential advice on benefits, money and credit problems, employment, housing and family issues.

Call: 0800 144 8848

Mental health

Advice and support available for your happiness, wellbeing and mental health.

www.hertfordshire.gov.uk/mentalhealth

Age UK

Supporting older people with advice, including financial support, and many other services to help maintain independence.

Call: 0300 345 3446

www.ageuk.org.uk/hertfordshire

Local food support

Find information on food support available near you and to get a referral.

Call: 0300 123 4044

www.hertfordshire.gov.uk/foodsupport

Health and Independent Living Support (HILS)

Meals on wheels and other independence-promoting services for older and disabled people.

Call: 0330 2000 103

www.hils-uk.org