

## Help and advice

Help is available if you are finding it hard to pay for things like

- food
- energy bills
- rent
- or you owe money and can't afford to repay it



For help and advice call us on

020 79 74 44 44



You can find out more on our website camden.gov.uk/CostOfLiving



You can also call **Citizens Advice Camden** for **free** on

0800 028 3146

Produced by Easier Info, part of CLDS, Camden's learning disabilities service.