

# Support and advice in Stockport

## Help with managing your finances

Financial assessments/statements, debt recovery options, benefit applications/claims/payments. Call **Citizens Advice 0808 278 7803** (9am-6pm) or **0161 850 5053** (6-9pm)

Help for Stockport Homes tenants call **0161 217 6016**

Emergency help in a crisis, call **the council on 0161 474 2140**

## Help with energy bills

Help with energy bills and warm home discounts. Call **National Energy Action (NEA) 0800 304 7159**

A specialist energy advisor at **Citizens Advice Stockport** can help if you're struggling to pay your energy bills. Call **0808 278 7803** (9am-6pm) or **0161 850 5053** (6-9pm)

## Help with health and wellbeing

Help with mental or physical wellbeing, relationships, support at home, transport, finance or caring for someone call **Stockport Support Hub 0161 474 1042**

For urgent help with suicidal thoughts, call **Samaritans on 116 123**.

Dial **999** in a life-threatening emergency

## Help with food

**Stockport Foodbank** by referral only. Locations in Bredbury, Cheadle, Cheadle Heath, Hazel Grove, Heaton Norris, Offerton & Reddish. Contact **Citizens Advice** for a referral on **0808 278 7803**.

**Chelwood Foodbank Plus** by referral only. Locations at Chelwood Baptist Church, Brinnington Community Church and The Olive Branch (Edgeley). Contact **Citizens Advice** on **0808 278 7803**

**Community Foodbank** for Marple and Gatley residents. Visit the **Pantry at All Saints** (CONNECT, 23 Queen St, Marple) on Saturdays, 10am-12pm.

Visit **Gatley Foodbank** (Bethany Church, 100 Church Rd) on Mondays (2-3pm), Wednesdays (2-3pm) and Saturdays (9:30am-12pm)

## Help getting online

Over-the-phone or face-to-face help to learn how to do things online. You can also borrow devices and data for free, or buy discounted devices, with support to set them up. Call **07724 217 888**



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

**ONESTOCKPORT**

