


# Cost of living support


**Always phone 999 if it's an emergency such as someone's life is at immediate risk**

<b>Welfare or safety of an adult</b> Welfare Safeguarding, abuse	Staffordshire County Council 0300 111 8010 or Emergency Duty Team 0345 604 2886 0345 604 2719 or Out of Hours 0345 604 2886
<b>Concerns about a child</b>	0300 111 8007 and select option 1 or Emergency Duty Team 0345 604 2886.
<b>Help with heating</b>	Beat the Cold 01782 914915 0800 389 2258 <a href="http://www.beatcold.org.uk">www.beatcold.org.uk</a>
<b>Help with food</b> Foodbanks	Biddulph: 0808 208 2138 <a href="mailto:info@stokeontrent.foodbank.org.uk">info@stokeontrent.foodbank.org.uk</a> Cheadle: 07902 835158 <a href="mailto:pm@cheadledistrict.foodbank.org.uk">pm@cheadledistrict.foodbank.org.uk</a> Leek: 01538 373289 <a href="mailto:info@leekdistrict.foodbank.org.uk">info@leekdistrict.foodbank.org.uk</a>
<b>Help with health</b> Suicide Mental Health	Suggest they contact their GP <b>Emergency – 999</b> North Staffordshire Urgent Mental Health Helpline 0300 123 0907 Staffordshire Mental Health Helpline 0808 800 2234
<b>Help with housing</b> Homelessness	Staffordshire Moorlands District Council 0345 605 3010
<b>Out of Hours support</b>	P3 0808 1692 333
<b>Rough sleeping</b>	P3 0808 1968 199
<b>Help with Money</b> Benefits	Staffordshire Moorlands District Council 0345 605 3010
<b>Money and debt advice</b>	Biddulph Citizens Advice: 0808 278 78 76 Cheadle Citizens Advice 0808 278 7951 Leek Citizens Advice 0808 27 87 87 5 or 01538 373068