

How can we help?

We're always open

Call our **free & confidential** helpline for immediate emotional support or visit the website to find out about additional support.

Call for free, 24/7 365 days on:
08088 021 122



We are here for **emotional** support



We can help you get your **finances** back on track



Helping you **solve** everyday problems



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groceryaid.org.uk

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Are you counting every penny?

We're always open

Call our **free and confidential** helpline to speak to an adviser about your finances and visit our website for financial support or to apply for a grant.

Call for free, 24/7 365 days on:
08088 021 122



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Need a chat?

We're always open

Our **free** helpline is completely **confidential** and answered by trained counsellors who can provide immediate emotional support and guidance.

Call for free, 24/7 365 days on:
08088 021 122



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groceryaid.org.uk

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Have a problem to solve?

We're always open

Call our **free and confidential** helpline to speak to one of our trained telephone information specialists and receive guidance on money, debt, housing, family, benefits and more.

Call for free, 24/7 365 days on:
08088 021 122



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