



GroceryAid[®]



SUPPORTING COLLEAGUES 24/7

**Free and Confidential Financial,
Emotional and Practical Support**

FINANCIAL SUPPORT

- › Financial Grants
- › Carers Gateway Grant
- › Online Financial Hub
- › Debt Advice

EMOTIONAL SUPPORT

- › Workplace Support
- › Online Health and Wellbeing
- › Counselling Support
- › Helpline

PRACTICAL SUPPORT

- › Gambling Addiction Support
- › Carers Support
- › Legal Advice
- › Telephone Information Specialists

**Call the Helpline on
08088 021122
or visit [groceryaid.org.uk](https://www.groceryaid.org.uk)**