














It's OK to ask for help






 <p>The Craven District Council logo features a landscape with a river and hills, with the text 'CRAVEN IN THE YORKSHIRE DALES DISTRICT' below it. The North Yorkshire County Council logo is a stylized blue rose.</p>	<p>This leaflet is by Craven District Council and North Yorkshire County Council.</p> <p>It is called 'It's OK to ask for help.'</p>
 <p>A woman in a green school uniform is shown from the waist up. A thought bubble above her head contains a colorful illustration of a coronavirus particle with the text 'Corona virus' written below it.</p>	<p>It is for people who are worried or people having money problems because of Covid-19.</p>
 <p>A woman is sitting at a desk, looking at some papers. A speech bubble above her head says 'Help please'.</p>	<p>Ask for help and advice</p> <p>We want everyone to know that it's OK to ask for help. Whatever your problem is there are lots of organisations who can help you.</p> <p>Take the first step by talking to friends and family.</p>
 <p>A laptop screen displays the Google search homepage, showing the Google logo and a search bar with the word 'search' inside.</p>	<p>Search for Support</p> <p>Read the information in this leaflet. Look online, or telephone for further support and resources.</p>
 <p>An older woman in a grey sweater and blue trousers is shaking hands with a man in a dark sweater and dark trousers.</p>	<p>Kindness matters!</p> <p>When we feel worried or sad we need someone to talk to. Be kind to yourself and ask for help.</p> <p>If you have a neighbour or a friend who you think might need some support, contact them and see how you can help.</p> <p>The information in this leaflet might help them too.</p>

Emotional Support and Wellbeing

	<p>This page has information about if you need help with wellbeing. This means your emotions and how you feel.</p>
	<p>Your doctor is there to help if you're worried.</p> <p>They might be able to give you an emergency appointment.</p>
	<p>First Response is an NHS Service for anyone having a mental health crisis</p> <p>Ring 01274 221181 to talk to them.</p>
	<p>Samaritans is for anyone who wants to talk about how they are feeling.</p> <p>You can ring 116 123 or email jo@samaritans.org or the website is www.samaritans.org</p>
	<p>Childline gives free advice and support for anyone under 19 years old.</p> <p>Ring 0800 1111 or visit www.childline.org.uk</p>
	<p>IDAS gives support and advice to people who experience domestic abuse.</p> <p>Ring 03000 110110, email them at info@idas.org.uk or visit www.idas.org.uk</p>

	<p>Mind give advice and support to people with mental health problems.</p> <p>You can ring 0300 123 3393 or text 86463. The email is info@mind.org.uk or you can visit their website www.mind.org.uk</p>
	<p>Anxiety UK support people with anxiety.</p> <p>Ring 03444 775774, text 07537 416 905 or visit their website www.anxietyuk.org.uk</p>
	<p>Grief and Loss Support Service is for people suffering any form of grief or loss, or those worried about losing someone. Call 0808 1963833 or visit www.griefandlosswyh.co.uk</p>
	<p>Safeguarding. If you are worried that someone might be being abused or neglected call North Yorkshire County Council on 01609 780780 or visit www.northyorks.gov.uk/safeguarding.</p> <p>If someone is in danger right now call 999.</p>
	<p>Carers Resource are there to give unpaid carers emotional or practical help.</p> <p>Call 01756 700888, email info@carersresource.org or visit their website: www.carersresource.org</p>

Help with bills, benefits, housing and employment service

	<p>This page has information for people who need help with bills, benefits, housing and employment service</p>
	<p>Skipton Food Bank is run by Skipton Baptist Church. They give food and other groceries to people who need them in the Craven area.</p> <p>To find out more ring 07856 080194 or visit their website www.skiptonfoodbank.org</p>
	<p>Department for Work and Pensions has a website about Universal Credit and COVID-19.</p> <p>It has information on jobs, benefits and housing. It is for employers, people already claiming and those making a new claim. Visit www.understandinguniversalcredit.gov.uk</p>
	<p>Jobcentre Plus give employment advice.</p> <p>Visit www.jobhelp.campaign.gov.uk or call Skipton Jobcentre Plus about their support.</p> <p>Call 0800 055 6688 to talk to someone. To ask about Universal Credit call 0800 328 9344 or email skipton.cvservice@dwp.gov.uk</p>
	<p>Council Tax & Housing Benefit Craven District Council can help you if you are struggling to pay your Council Tax. You can call 01756 700 600 or email contactus@cravendc.gov.uk.</p>

 	<p>Housing & Homelessness - the Craven District Council Housing Options Team can provide advice about tenancy and mortgages.</p> <p>If you have trouble paying your mortgage you may be able to apply for an interest free loan through the Breathing Space scheme.</p> <p>Call the Housing Options team on 01756 706 475 or email housing@cravenc.gov.uk</p>
	<p>Citizens Advice can advise on lots of issues on their website www.citizensadvice.org.uk</p> <p>Contact your local office on 01756 457222 or email www.cachd.org.uk/email</p>
	<p>Shelter give confidential advice on housing, benefits and debt management.</p> <p>Ring 0808 8004444 or visit www.shelter.org.uk</p>
	<p>National Debtline is a charity that gives free and independent advice. Ring 0808 808 4000 or visit www.nationaldebtline.org</p>
	<p>Leeds Credit Union give top tips on saving and budgets, and low cost loans and savings accounts. Visit www.leedscreditunion.co.uk</p>
	<p>Christians Against Poverty (CAP) is a charity offering free help to people in debt. For more information visit www.CAPUK.org.</p> <p>To book an appointment ring 0800 328 0006 or email Ruth at ruthhoward-birt@capuk.org</p>



ACAS is an organisation that gives free and advice on employment law and rights.

They can help employers and employees.

Visit www.acas.org.uk or call 0300 123 1100.



For more local information, please contact Craven District Council.

Our website is www.cravendc.gov.uk



You can call us on 01756 700 600

You can email contactus@cravendc.gov.uk



Remember 'It's OK to ask!'



Craven and Harrogate

This Easy Read information was checked by the Craven and Harrogate Learning Disability Local Area Group – July 2020