



Scottish Government
Riaghaltas na h-Alba



Make sure you get all the support and advice you can



Easy read booklet

Who we are and what this booklet is about



We are the **Scottish Government**. We are in charge of running the country.



Scotland is now in a **cost of living crisis**. This means prices for lots of things are going up.

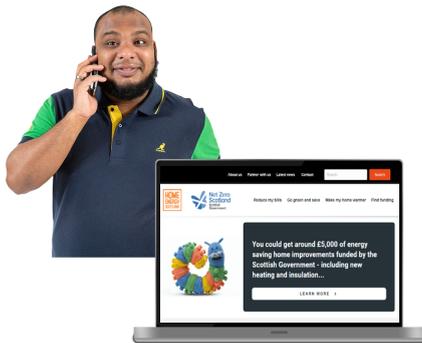


Because of this, some people don't have enough money to pay for important things like food, heating and **rent**. **Rent** is money you pay to live in your home if you don't own it.



This booklet tells you about the support and advice you can get to help with this.

Help with energy costs and your council tax bill



Home Energy Scotland can help you

- pay less for your **energy** bills
- be **energy efficient**
- make your home warmer.

Energy means gas and electricity.

Energy efficient means you waste less energy in your home.

Call them on this telephone number
0808 808 2282

or find out more on this website
homeenergyscotland.org.



You might be able to get extra money to help with housing costs or with your council tax bill. Find out more on this website
gov.scot/costoflivingsupport.

Advice about money and debt



Lots of organisations can give you advice about **debt** and how to manage your money. **Debt** is money you owe to other people.



They can help if you are in debt because of money you pay for your home.



They might help you get a **loan**. A **loan** is money you borrow but have to give back.

Other organisations that can help

 Find out more about the support we can give you on our website gov.scot/costoflivingasupport.

 You can also get in touch with the organisations on the blue pages of this booklet for help, support and advice.

Advice Direct Scotland
 For advice about energy and debt. They might also give you money from the Home Heating Support Fund.

 Find out more on this website adviceirect.scot or call this telephone number 0808 800 9060.

Find out about the organisations who can help you on the **blue** pages of this booklet.

Advice about benefits



Benefits are money the government gives you if your **income** is low and you need help to pay for important things.



Your **income** is money you earn or are given.



You might get benefits if you

- haven't got a job
- don't get much money from your job
- can't work because you are disabled.



Find out if you can get benefits on this website

gov.scot/costoflivingsupport.



For advice about benefits, call **The Money Talk Team** on this telephone number **0800 028 1456**

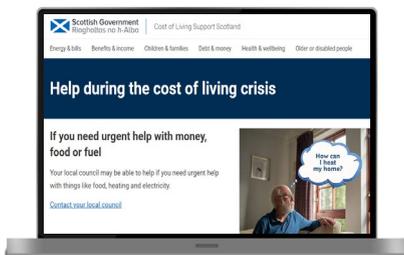
or find out more on this website **moneytalkteam.org.uk**.



If you get benefits or tax credits because you have a low income or a disability, you might be able to get extra money from **The Scottish Welfare Fund**.



If you need help straight away, they might give you a **grant**. A **grant** is money you get that you don't have to pay back.



Find out more on this website **gov.scot/costoflivingsupport**.

Support for families



We can help with costs for school or **childcare**. Some children can have 1140 hours of free childcare.



Childcare is when other people like childminders or nurseries look after your child.



If your family has a low income, you can get money every week from **The Scottish Child Payment**.

If you are pregnant or look after a child, you can get money from **Best Start**.



Call the **Money Talk Team** on this telephone number
0800 028 1456

or find out more on this website
moneytalkteam.org.uk.

Support for older or disabled people



If you get the **State Pension** and still have a low income, you might be able to get **Pension Credits**.

The **State Pension** is money you get when you are too old to work. **Pension Credits** are extra money from the government.



Call the **Pension Service** on this telephone number **0800 731 0469**.



Older people might be able to get free bus travel and **Winter Fuel Payments**. **Winter Fuel Payments** are money to help older people heat their home in Winter.



For advice, call **Age Scotland** on this telephone number **0800 12 44 222**

or find out more on this website **agescotland.org.uk**.



If you are an adult or a younger person with a disability, you might be able to get

- free bus travel
- **disability payments**
- **winter heating assistance.**



Disability payments are extra money if you have a disability that affects your daily life.

Winter heating assistance is extra money to help heat your home in winter.



Find out more on this website
gov.scot/costoflivingsupport.

Support for carers



If you are a **carer** you might be able to get extra money every week called **Carer's Allowance**.



A **carer** looks after and supports another person who needs help with their daily life.



Find out more on this website
gov.scot/costoflivingsupport

or call **Carers UK** on this
telephone number
0808 808 7777.

Support for people who pay rent



When the cost of living crisis started, we made new **laws** to help people who pay rent.



Laws are rules that protect people and make sure everyone is treated in a good and fair way.



The new laws stop rent prices going up and make it easier for you to stay in your home this winter if you pay rent.



Find out more on these websites
[gov.scot/rentersrights](https://www.gov.scot/rentersrights)
scotland.shelter.org.uk.

Support for your health



You might get **mental health problems** if you worry a lot about the cost of living crises or about other troubles in your life.



A **mental health problem** can affect how you feel, think and behave. For example, you might feel very low, worried or angry.



For advice about ways to make your mental health better, go to this this website

nhsinform.scot/mind-to-mind.



If you think you might have a mental health problem, get in touch with your local doctor.



If you need advice and support straight away about your mental health, call 1 of these organisations

- **NHS 24 mental health hub**
Call this telephone number **111**

- **The Samaritans**
Call this telephone number **116 123**

- **Breathing Space**
Call this telephone number **0800 83 85 87**
Open Monday to Thursday 6pm to 2am and Friday 6pm to Monday 6am.



You can get help with other health costs, like

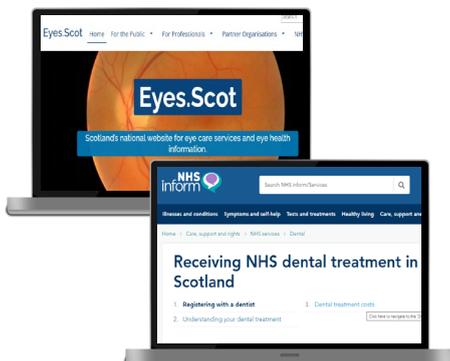
- eye tests
- check ups at the dentist

Find out more about free eye tests on this website

[eyes.scot](https://eyes.scot.nhs.uk).

Find out more check ups at the dentist on this website

nhsinform.scot/dentist.



Other organisations that can help



Find out more about the support we can give you on our website gov.scot/costoflivingsupport.



You can also get in touch with the organisations on the blue pages of this booklet for help, support and advice.



Advice Direct Scotland

For advice about energy and debt. They might also give you money from the **Home Heating Support Fund**.



Find out more on this website advisedirect.scot

or call this telephone number **0808 800 9060**.



Breathing Space

For advice and support if you feel low or very worried. You must be 16 years old or more. They won't tell anyone what you say.



Find out more on this website breathingspace.scot

or call this telephone number **0800 83 85 87.**



Citizens Advice Money Talk Team

For free advice about benefits and grants you can get. They won't tell anyone what you say.



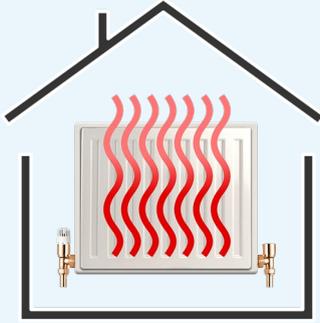
They also give help and support about

- how to use your money in the best way
- debt.



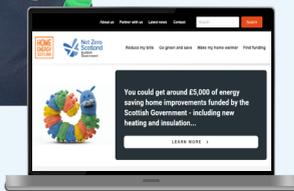
Find out more on this website moneytalkteam.org.uk

or call this telephone number **0800 028 1456.**



Home Energy Scotland

For free advice on how to make your house warmer and your energy bills lower.



Find out more on this website homeenergyscotland.org

or call this telephone number **0808 808 2282**.



Shelter Scotland

For free advice about housing.

Find out more on this website scotland.shelter.org.uk.



Social Security Scotland

For help with how to **apply** for benefits and advice if you have already applied but need more help. **Apply** means fill in a form to officially ask for something.



Find out more on this website mygov.scot/benefits

or call this telephone number **0800 182 2222**.



StepChange Debt Charity Scotland

For free advice and help about
debt.



Find out more on this website
stepchange.org

or call this telephone number
0800 138 1111.

Everything the kids need is so expensive.

How can I heat my home?

Make sure you receive the support you are entitled to.

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COST OF LIVING SURVEY

The poster features three circular images of people: a woman and child, a woman, and a man. The text is arranged vertically, with the top sentence in a thought bubble, the middle question in another thought bubble, and the bottom sentence in bold. Logos for the Scottish Government and the Cost of Living Survey are at the bottom.

The full version of this document is called
“Make sure you receive the support you
are entitled to.”