

Stories of Women, Work and Uncertain Futures

List of organisations available for support and advice

The following organisations are available for independent help and advice if you need support following any of the issues raised in Uncertain Futures. Manchester Art Gallery is not affiliated with any of these organisations nor are responsible for the service they provide.

Type of support	About	Contact
Financial		
Manchester Cost of Living Advice line	Free advice line Open Monday – Friday 9-4.30	Call 0800 023 2692
National Debtline	Free, impartial debt advice	Call 0808 808 4000 www.nationaldebtline.org
Business Debtline	Support for small businesses and self-employed people. Open Monday to Friday 9am-8pm	Call 0800 197 6026 www.businessdebtline.org
Step Change (debt support charity)	Free, impartial debt support	Call 0800 138 1111 www.stepchange.org
General/ Mental Health		
Citizens Advice	Offers online and in-person advice on various topics, such as bills, benefits, grants, council tax, and more.	Call 0800 028 1456 www.cas.org.uk
The Samaritans	Whatever you're going through, a Samaritan will face it with you. Open 24 hours a day, 365 days a year	Call 116 123 anytime www.samaritans.org
Age UK	Free, confidential advice line and support	Call 0800 678 1602 www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/
NHS 24.7 Mental Health Helpline	Urgent and emergency mental health support	0800 953 0285 www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline
Work, Skills and Employment support		
Work, Jobs, Training and Advice: Manchester City Council	Information on work, jobs, training and advice in Manchester	www.manchester.gov.uk/info/100008/work_jobs_training_and_advice
Greater Manchester Good Employment Charter	A voluntary membership and assessment scheme, aiming to evaluate employment standards in Greater Manchester	www.gmgoodemploymentcharter.co.uk
Smartworks	A UK charity that gives women confidence to reach their full potential, secure employment and change their lives	www.greatermanchester.smartworks.org.uk
Support Seeking Asylum and Work		
Manchester Refugee Support Network	A grass-roots organisation directly managed by refugee communities in Manchester offering advice and support	0161 868 0777 www.mrsn.org.uk
Pension Support		
Pension Wise	A service from Money Helper, backed by government. Offers free, impartial guidance to over 50s	Call 0800 138 3944 for an appointment www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise
Support for Carers		
Carers helpline Manchester	A group of organisations, working together to provide support and improve services for Manchester's unpaid carers	www.manchester.gov.uk/info/100008/work_jobs_training_and_advice
Legal Advice		
Free legal advice centre - University of Manchester	Law students (supervised by University staff and volunteer lawyers) advice service to the general public	www.socialsciences.manchester.ac.uk/legal-advice-centre/
ACAS: work and employment law advice	Advice on employment law, HR processes and good practice at work	Helpline 0300 123 1100 www.acas.org.uk/adv
Equality and human rights commission	Britain's independent equality and human rights regulator	www.equalityhumanrights.com