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We can also arrange **help and support** to claim benefits for health, disability or caring, free school meals, clothing grants, exemption of nursery charges and **many more!**



Call the **Community Wellbeing Helpline** on **0303 123 1009** (quote 'Education')

The lines are open **Monday to Thursday 8.45am - 4.45pm**  
**Friday 8.45am - 4.15pm**

**Have an email address?** scan the QR code with your mobile phone camera or go to **<http://bit.ly/selfreferralform>** to fill in a simple online form and we'll contact **you!**



If you need this information in a different format or language, please contact us to discuss how we can best meet your needs.  
Phone: 0303 123 1015 Email: [equallites@southlanarkshire.gov.uk](mailto:equallites@southlanarkshire.gov.uk)  
**[www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)**

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# Need help

with money, benefits or wellbeing and don't know who to contact?



If you have **no money for food or bills,** concerns about **caring responsibilities** or need **advice on debt or budgeting,** why not join the **many other** South Lanarkshire residents who contact the **Community Wellbeing Helpline** for free confidential and impartial advice?

**can Do** community

