The Trussel Trust’s Help through Hardship Helpline

The Trussell Trust supports more than 1,300 food banks nationwide; providing a minimum of three days’ nutritionally balanced emergency food to people in crisis.

The Trussel Trust’s Help through Hardship helpline offers free confidential personalised support with a trained Citizen Advice advisor.

Call 0808 208 2138 (Open Monday to Friday, 9am – 5pm. Closed on public holidays) or go to: <https://www.trusselltrust.org/get-help/help-through-hardship-helpline/#1709033113633-e72ea3de-e159> for more information and details about assistance with calls, including BSL, Relay UK and Language Line.