

Struggling with debt?

Resources to help you manage your finances



**citizens
advice**

Copeland

**citizens
advice**

Allerdale



Citizens Advice 'Life Skills' hub, including advice on starting Uni, Apprenticeships, and Budgeting.



Budgeting tool from Money Helper



Citizens Advice Copeland



Citizens Advice Allerdale

Useful Numbers:

Citizens Advice Copeland: 01946 693321

Citizens Advice Allerdale: 01900 604735

National Debtline
0808 808 4000

Stepchange
0800 138 1111

Payplan
0800 716 239

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