

Your rights  
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Fact sheet 14: **Debt Helplines**

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| **CITIZENS ADVICE BUREAU** **-**  **Hillingdon**  Telephone: 0344 848 7903  (Calls cost 5p per minute from BT Landline)  [www.hillingdoncab.org.uk](http://www.hillingdoncab.org.uk) | **DEBT FREE LONDON – DEBT ADVICE**  EMAIL: [dfl@hillingdoncab.org.uk](mailto:dfl@hillingdoncab.org.uk) |
| **MENTAL HEALTH MONEY ADVICE**  Telephone: 01895 277304  EMAIL: [mentalhealth@hillingdoncab.org.uk](mailto:mentalhealth@hillingdoncab.org.uk) | **NATIONAL DEBTLINE**  Telephone: 0808 808 4000  [www.nationaldebtline.org](http://www.nationaldebtline.org) |
| **STEPCHANGE**  Telephone: 0800 138 1111  Mon-Fri 8am-8pm  Sat 8am-4pm  [www.stepchange.org](http://www.stepchange.org) | **ADVICE UK**  Money & Debt Advice  Telephone: 0800 043 4050  [www.debtadvicefoundation.org](http://www.debtadvicefoundation.org) |
| **PAYPLAN**  [www.pay.plan.com/debtadvice](http://www.pay.plan.com/debtadvice) | **THE MONEY ADVICE SERVICE**  Telephone: 0800 138 7777  [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk) |
| **THE MONEY CHARITY**  [www.themoneycharity.org.uk](http://www.themoneycharity.org.uk) | **MY MONEY STEPS**  [www.mymoneysteps.org](http://www.mymoneysteps.org) |

**For more information about our services please contact us on:**

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