

# HELP WITH FINANCES

If your financial situation has changed because of the coronavirus pandemic, you may feel overwhelmed and unsure what to do next. There's lots of support out there – and you shouldn't be afraid to ask for help if you need it.

You can find more information on working, benefits and finances at [crohnsandcolitis.org.uk/coronavirus-finances](https://crohnsandcolitis.org.uk/coronavirus-finances)

## 1

### GET PRACTICAL HELP FOR DEBTS

You can access free expert advice based on your individual financial situation from [StepChange](#) or the [National Debtline](#). They can help you find solutions and get you started on the next steps you can take to manage your debts.

## 2

### CHECK IF YOU CAN CLAIM BENEFITS

If your income has changed because of coronavirus you may be entitled to benefits. Use a free [benefits calculator](#) to check if you can claim. Some people with Crohn's and Colitis may also be able to claim disability benefits, such as [Personal Independence Payment](#). See [Citizens Advice](#) for details on claiming benefits.

## 3

### REDUCE OUTGOINGS AND BILLS

If you are finding it difficult to pay your bills – such as your rent, mortgage, water or energy bills – you should call your landlord or providers and explain your situation. Many have extra measures they can take to help people who are struggling to make payments due to coronavirus.

## 4

### SEEK ADVICE ON WORKPLACE ISSUES

If you've been made redundant, [Acas](#) can help you check that this has been done fairly. You can also get advice from [Acas](#) or [EASS](#) if you think you've been discriminated against at work. Some people with Crohn's and Colitis are protected by law against discrimination due to a health condition under the [Equality Act](#).

## 5

### ACCESS LOCAL SUPPORT

Speak to [your local council](#) or [Citizens Advice](#) to find out about local support that may be available to you, such as a reduction in council tax, food banks or crisis funds. You can also use the [Turn2us grants search](#) to see if you may be eligible for any additional funds.

### WE'RE HERE FOR YOU

For more information on coronavirus and living well with Crohn's and Colitis please contact us:

 [CROHNSANDCOLITIS.ORG.UK](https://crohnsandcolitis.org.uk)

 [0300 222 5700](tel:03002225700)

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For more on managing your finances and help you may be entitled to, visit:

 [CROHNSANDCOLITIS.ORG.UK /FINANCES](https://crohnsandcolitis.org.uk/finances)