

FIRM FOUNDATIONS

helping you to build
a better future



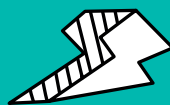
I might
be getting
evicted, I don't
want to be
homeless

My house has
lots of repairs
that my landlord
won't fix



My debts are
out of control
and I struggle
managing my
money

I feel really
down and I don't
know where to
turn



I don't
understand the
benefit system

Do I put money on
electric and gas or
give my children
breakfast?



FIRM FOUNDATIONS CAN HELP BY:

-  Offering immediate hardship support for things like; lack of food, clothing, fuel or property issues
-  Offering tailored longer term support to meet your needs
-  Assisting and supporting you to access any services that can help
-  Offering advice and guidance and advocating on your behalf
-  Building resilience and confidence in addressing any issues in the future
-  Supporting you to take back control of your life

Are you struggling to make ends meet and want some practical support to get back on track?

HOW TO GET IN TOUCH:

You can call us at the Mind Centre on **01642 257068** and ask for Firm Foundations
Email us on paul.wightman@middlesbroughandstocktonmind.org.uk



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