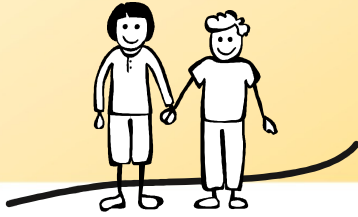


HELPING HANDS



OTHER SUPPORT ORGANISATIONS

As well as applying for assistance through the Helping Hands programme, there are other organisations that may be able to assist you further, these are as follows:

External charities:

- ✚ **Citizens Advice** www.citizensadvice.org.uk 0345 404 0506 - helps people resolve their legal, money and other problems by providing free, independent and confidential advice.
- ✚ **Money Advice Service** – www.moneyadviceservice.org.uk 0300 500 5000
- ✚ **Stepchange** debt charity – www.stepchange.org 0800 138 1111 (free from all landlines and mobiles) is open from 8am to 8pm, Monday to Friday and 8am to 4pm on Saturday.
- ✚ **National Debtline** – www.nationaldebtline.co.uk 0808 808 4000
- ✚ **Payplan** debt charity – www.payplan.com 0800 280 2816
- ✚ **Turn2us** – www.turn2us.org.uk a charity that helps people in financial need to access welfare benefits, charitable grants and other financial help

DHL Supply Chain employees only:

✚ **Employee Assistance Programme (EAP)**

A free, confidential service available to all DHL Supply Chain employees in the UK. It provides information and resources on a whole range of legal, family, financial and personal issues. EAP aims to provide practical support that could help reduce stress and anxiety and improve your well-being.

To use the service, simply call **0333 400 0545**** and quote the DHL number 72998 at any time of the day or night. ** Calls charged at the standard local rate from a BT landline. Calls from other providers or mobiles may vary according to the provider/tariff. Online - www.employeeecare.com - employees can enter the DHL reference number 72998 in the access code and password fields.

DHL Express employees only:

- ✚ **Neyber** – low cost loan scheme – visit www.neyber.co.uk/app/DHLInternational for more information