**Video script – to be translated into community languages and British Sign Language**

Because of the cost of living crisis, everyone is likely to need a bit of help this winter. In this short video, I’m going to let you know how you can access help and advice if you want it. Please consider sharing this with others to make sure everyone in Camden knows how to get help.

If you’re in urgent need of food, visit **findfood.camden.gov.uk.**

If you’re in severe financial difficulty, find out about the council’s cost of living crisis fund at **camden.gov.uk/colcfund.** You can also call the council for help with this and accessing food on **020 7974 4444 (option 9).**

People who use British Sign Language (BSL) can contact Camden Council using [SignVideo BSL Live](https://camden.signvideo.net/), a specialist interpreting service. The service is available 24 hours a day, seven days a week and is free to use. To download the app to your phone, search your app store for SignVideo.

If you’re experiencing a mental health crisis, phone the 24-hour mental health crisis line on **020 3317 6333.**

If you’re worried about debt, call a debt charity like Stepchange for free advice on **0300 303 5300.**

If you’re behind on energy bill payments or if you can’t afford to top-up, call your energy provider and ask how they can help. They might be able to offer a payment plan or a grant to pay off debts, or give you temporary credit.

Regardless of your situation, you can also access a range of help and support in the following ways:

1. Head down to your nearest ‘warm welcome’ space where you can relax, meet up with others and get advice in a safe and warm space. These can be found in libraries, children’s centres, leisure centres and other community and faith buildings across Camden. Find your nearest space at **camden.gov.uk/warmwelcome**
2. Visit Camden Council’s website at **camden.gov.uk/costofliving**
3. Come along to Camden’s cost of living crisis advice bus - everyone is welcome. Find out when the advice bus will be near you at **camden.gov.uk/winterevents**
4. If you need to take out a loan, don’t be tempted to approach a loan shark or take out a payday loan. Instead, consider credit unions or other ethical loan providers. For more information, call **020 7561 1786**
5. Lastly, if you’re struggling but don’t know where to turn, call Camden Council on **020 7974 4444 (option 9)** or get in touch with one of the organisations in Camden Advice Network. Find their contact details at **camden.gov.uk/can**