

# Act early

# Cost of living help



Visit [dorsetcouncil.gov.uk/cost-of-living-help](https://dorsetcouncil.gov.uk/cost-of-living-help) for advice on money, food, housing, utilities and mental health, or contact your local Citizens Advice or Age UK (for over 55s) for free, independent, and confidential advice and support.

Citizens Advice | [citizensadvisedorset.org.uk](https://citizensadvisedorset.org.uk) | 0800 1448848

Age UK (for over 55s) - North South and West Dorset  
[ageuk.org.uk/northsouthwestdorset](https://ageuk.org.uk/northsouthwestdorset) | 01305 269444

Age UK (for over 55s) - East Dorset  
[ageuk.org.uk/bournemouthpooleeastdorset](https://ageuk.org.uk/bournemouthpooleeastdorset) | 01202 530530

