

Glasgow Helps

Do you live in Glasgow and need a *'wee bit of help'*?

Glasgow Helps is a service set up to work directly with the people of Glasgow.



Glasgow
Council
for the
Voluntary
Sector



We offer free, confidential support, information and advice on a wide range of issues. Support can include:



FOOD



HOUSING



UTILITIES



TRANSPORT



**DIGITAL ACCESS
& SUPPORT**



**MENTAL
HEALTH**

We'll listen to what you need, what your aims are, and work with you to help you to access the right support services at the right time in the right place.

For more information, or to discuss the support available, you can call us on **0141 276 1185** Monday to Friday 9am - 5pm or complete the online form at www.glasgow.gov.uk/glasgowhelps to request a call back.

We can provide translation services as well as BSL.