

# Citizens Advice helped me find a way forward.

Citizens Advice can help you when you come face to face with welfare benefit applications.

Telephone 0300 3302179

Mondays, Wednesdays and  
Fridays: 10am - 12.30pm  
Tuesdays: 10am - 4pm  
Thursdays: 1pm - 3.30pm

**citizens  
advice**