



How to contact us

Adviceline is the main point of access to our advice services.

Call our Adviceline on 0808 278 7835

Open Monday to Friday 10am – 4pm

Calls to Adviceline are free and you don't need credit on your mobile to phone us.

Or for help with Universal Credit (UC) call us on:

*** UC Help to Claim** for advice on making a new claim up until your first payment

Freephone 0800 144 8 4444 available Mon to Fri 8am - 6pm

Webchat visit [this page](#) our website and click on the 'Talk to an Adviser' button half way down the page

*** UC Support** for help maintaining your claim and problems including UC stopping, sanctions and appeals.

Phone 07765 293116 leave a message with your number or text us and we'll call you back

We keep [our website](#) updated with details of all our services including how to get in touch.

You can also complete the [call-back request form](#) on our website and we will call you.