



# Worried about energy costs?

If you're concerned about the cost of energy, there are lots of people you can contact for support and information.

Here are just a few of the organisations that may be able to help you manage your energy use or provide extra support when you need it most.

## **Citizens Advice**

Provides support on energy bills, including information on grants and benefits, and smart meter advice.

**0800 144 8848** (England),  
**0800 702 2020** (Wales)  
**[citizensadvice.org.uk](https://citizensadvice.org.uk)**

## **Energy Saving Trust**

How to save money on energy bills.

**[energysavingtrust.org.uk](https://energysavingtrust.org.uk)**

## **National Debt Line**

Cost of living advice including debt advice and budget tools.

**0808 808 4000**  
**[nationaldebtline.org](https://nationaldebtline.org)**

## **National Energy Action**

Advice and support to help people heat their homes affordably.

**[nea.org.uk](https://nea.org.uk)**

## **Priority Services Register**

Vital support for vulnerable people during a power cut or in the event of other network/utility issues.

**Call our free emergency number on 105**