



Do you need help getting a job?

The Jobcentre Plus can help you find work. You can call the Stockport Jobcentre Plus on **0161 429 2000**, alternatively you can find them at Heron House, Wellington Street, Stockport SK1 3BE.



Do you need help with debt problems?

You can call the Stockport Debtline on **0161 476 2882** (Tuesdays & Thursdays 1:30pm to 4:30pm) or contact Stockport Law Centre on **0161 476 6336** or visit them at 85 Wellington Road, Stockport SK1 3SL. You are likely to get free help to tackle your debt problems.



Do you want to improve your reading, writing and maths?

The Stopford Open Learning Centre may be able to help. The Open Learning Centre runs free courses in English and Maths, you can call on **0161 480 0001** and arrange a visit. You can find them at Hardman Street, Stockport SK3 0BJ.



Do you need to stay in touch with Probation?

You can call Probation on **0161 429 0010**, alternatively you can find the Stockport Probation Office at 19/37 High Street, Stockport SK1 1EG.



Do you need to claim benefits?

You can contact the Jobcentre Plus on **0800 055 6688** to find out what benefits you may be able to claim, alternatively you can find them at Heron House, Wellington Street, Stockport SK1 3BE.

If you have problems claiming benefits you can call the Benefits Advice Line on **0845 608 8526**. They will help you to claim any benefits you are entitled to.

For independent advice, disputes and appeals, contact the Welfare Rights Service on **0161 474 3093**.



Do you have somewhere to live?

If you do not have anywhere to live you should call the Housing Information Centre on **0161 474 4237**, alternatively you can find them at 1 St Peter's Square, Petersgate, Stockport SK1 1NZ. The Housing Information Centre will be able to help you find a place to stay. They may be able to help you with other housing problems too.

Stockport Council's Supporting People service funds many types of housing related support services in Stockport. If you would like a copy of the Directory of services, please telephone **0161 474 4317**.



Do you need to see a doctor, dentist or optician? Do you need to find a chemist?

The PALS (Patient Advice Liaison Service) can help you find a local healthcare service. You can call PALS on **0161 426 5888** or find them at Greylaw House, Chestergate, Stockport SK1 1NH.

For registering with a dentist there is a different number to call. You should ring the Dental Helpline on **0161 426 5899**. The line is open from 9.30am to 2.30pm Monday to Friday (1pm on Wednesdays)

Do you need help with mental health problems?

If you need to see someone about your mental health problems you should go to see your local doctor. Your doctor will arrange for you to see someone who can help.



Do you need to stay in contact with the Youth Offending Team?

The Youth offending Team can be contacted on **0161 476 2876**, alternatively you can find them at 59-61 Great Underbank, Stockport SK1 1NE.



Do you need help with drug or alcohol misuse?

You can contact the Criminal Justice Interventions Team via the Drug Interventions Programme Single Point of Contact line - **0161 474 3141**. The operator will be able to refer you to an appropriate member of the team to find the right treatment for your drug use. If you need help with alcohol misuse, call the Community Alcohol Team on **0161 249 4070**.

Notes:

Multiple horizontal lines for taking notes.

First printed September 2006, updated June 2007. Produced by Stockport Community Safety Unit. For more information, or further copies of this leaflet please call 0161 474 3272.

A free interpreting service is available if you need help with this booklet/leaflet. Please telephone Stockport Interpreting Unit on 0161 477 9000. Email: eds.admin@stockport.gov.uk

یہ ایک مفت تفسیر سروس ہے جو آپ کو اس کتابچے/پتھر کے ساتھ مدد کرنے میں مددگار ہو سکتی ہے۔ براہ کرم اس سروس کے بارے میں مزید جاننے کے لیے 0161 477 9000 پر فون کریں۔

如果您需要他人為您解釋這小冊子/單張的內容，我們可提供免費的傳譯服務，請致電 0161 477 9000 史托波特傳譯部。

توفر خدمة ترجمة شفوية مجانية إذا تطلبت مساعدة في فهم هذا الكتيب/النشرة. نرجو الاتصال إنتربريتنج يونت على رقم الهاتف: 0161 477 9000

خدمات ترجمہ رایگان این نشریہ/کتابچہ در صورت نیاز موجود میباشد. لطفاً با شماره تلفن 0161 477 9000 با واحد ترجمہ (اینترپریٹنگ یونٹ) ما تماس بگیرید.

Telephone Guide:

Housing Information Centre
0161 474 4237

Probation Office
0161 429 0010

Stockport Debtline
0161 476 2882

Stockport Law Centre
0161 476 6336

Stopford Open Learning Centre
0161 480 0001

The Youth Offending Team
0161 476 2876

Jobcentre Plus
0161 429 2000

Criminal Justice Interventions Team
0161 474 3141

Patient Advice Liaison Service
0161 426 5888

Benefits Advice Line
0845 608 8526

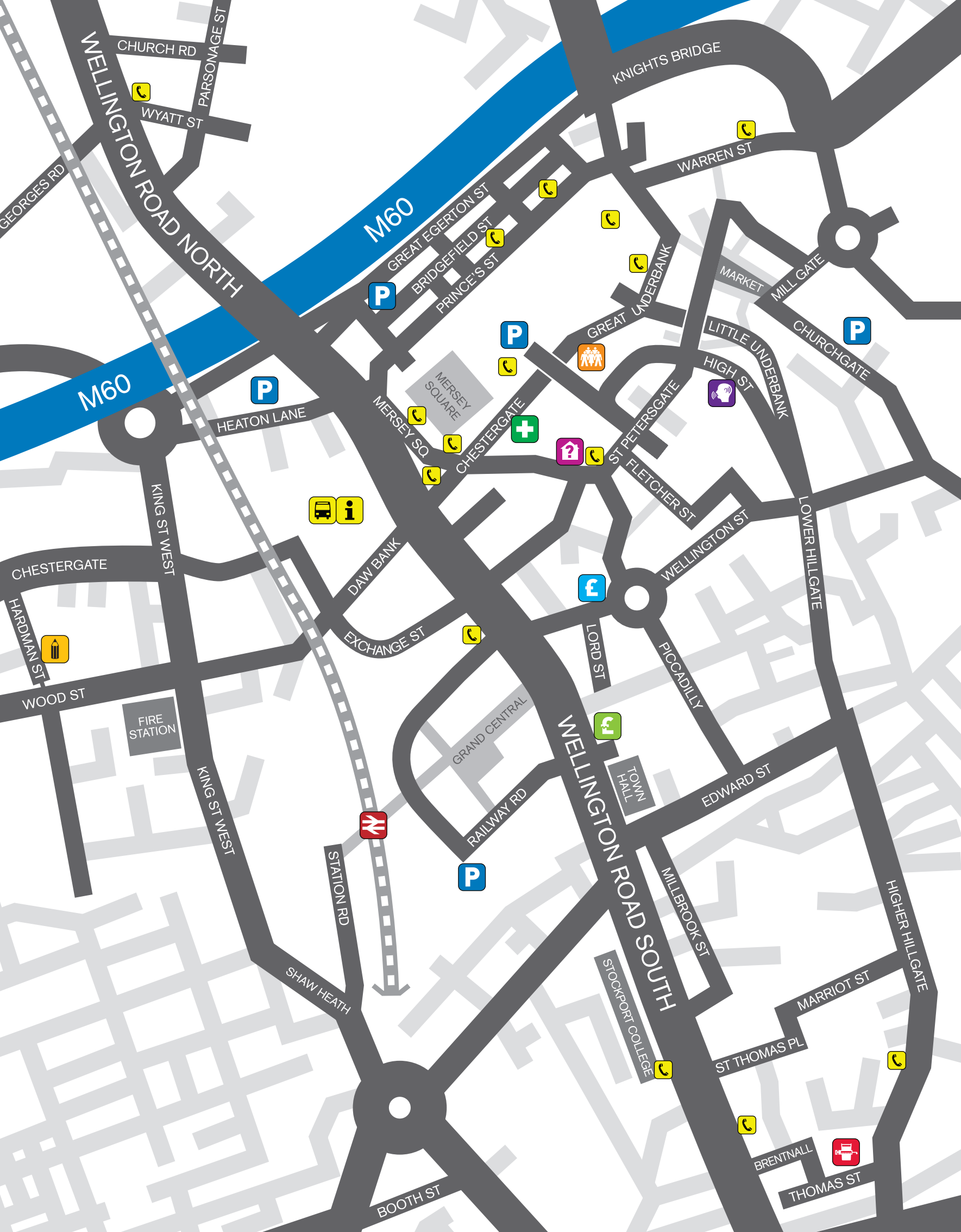
Dental Helpline
0161 426 5899
















Supporting People
0161 474 4317

Welfare Rights
0161 474 3093

**YOU'RE FREE,
YOU'RE IN
STOCKPORT.
WHAT DO
YOU NEED
TO KNOW?**

**KNOW EVERYTHING.
INSIDE-OUT.**



- Key:**
- | | | | |
|--|--|--|---|
|  Railway Line |  Public Information |  Probation Office |  Criminal Justice Interventions Team |
|  Named Road |  Public Telephone |  Jobcentre Plus |  The Youth Offending Team |
|  M60 Motorway |  Bus Station |  Patient Advice Liaison Service |  Stockport Law Centre |
|  Car Park |  Train Station |  Housing Information Centre |  Stopford Open Learning Centre |