

Problem at home?

We can signpost you to help and support for issues outside your working life

Problems at home can impact on your working life, wherever you work across the **civil service**, public sector or private sector, particularly in terms of stress, domestic violence or financial worries.

Our reps can signpost you to a range of confidential, free and supportive organisations. We also have a range of free helplines for members to use.

Find your local rep on [PCS Digital](#).

[We also have a range of free helplines for members to use](#)

Personal and domestic legal helpline

Call free on 0800 916 9066 for legal advice on a range of issues, excluding employment or personal injury. You can call 9am to 5.30pm, 7 days a week, 365 days a year. We offer a range of services for you and your spouse, partner and dependent children can also use the helpline.

Personal Injury Helpline

PCS members can call the PCS Personal Injury Helpline to enquire about the possibility of making a claim. The line is run by Thompsons Solicitors. The number is 0800 328 3255. You can call on Monday to Friday between 8 am to 8 pm and Saturday 9am to 5 pm.

Financial advice

You are entitled to a no obligation complimentary consultation with [Lighthouse Financial Advice](#). To arrange your initial consultation contact appointments@lighthousefa.co.uk or phone 08000 858 590.

Free debt advice

You are entitled to free confidential advice on debt from PayPlan. PayPlan offers comprehensive guidance on a wide range of practical, long term debt solutions. Contact PayPlan on 0800 716239 and quote PCS or visit the [Payplan website](#).

Stress counselling and health advice

The Health Assured telephone helpline 0161 836 9383 is available 24-hours a day, is confidential, independent and provides counselling and emotional support on family issues, bereavement, trauma, back to work and Covid-19 anxiety, relationship issues and stress-related conditions and access to an [online health and wellbeing portal](#) which provides well-being resources, including four-week programmes, videos and webinars and access to online counselling. To receive the user name and password email benefits@pcs.org.uk

Breast cancer care 0808 800 6000

Domestic violence 0808 2000 247