



**Mid-North
Yorkshire**



Selby Office

38 Ousegate, Selby, North Yorkshire, YO8 4NH.

**Our service is available Monday to Friday
9.00 am to 5.00 pm**

**Face to face drop-in sessions are held on
Tuesdays and Fridays
10.00 am to 2.00 pm**

We can help you with specialist advice including benefits, debt, housing, employment, discrimination, family and relationships, utilities, and consumer.

**Adviceline 0808 278 7900
FREE TO CALL**

the quickest way to speak to an adviser
on any issue.

You can access a Selby Foodbank Voucher
using this line.



*See page two for other ways to access our service - online, by email,
plus how to access our specialist advice services.*

Other ways to access our service

Online advice is available at
citizensadvice.org.uk

or use the form on our website at
citizensadvicehrs.org.uk
to ask for email advice



Citizens Advice Consumer Service
0808 223 1133 - FREE TO CALL
expert help with consumer problems

Telephone numbers for our specialist services

Money and Benefits Advice Service (North Yorkshire)
0300 3031 598

same cost as landline 01 and 02 - just ask if you need a call back
expert help with benefits, Universal Credit, and money

Universal Credit - Help to Claim
0800 144 8 444 - FREE TO CALL

support with your first Universal Credit claim

Warm & Well in North Yorkshire - warmandwell.org.uk
01609 767555

same cost as landline 01 and 02 - just ask if you need a call back
*help with energy debt, switching suppliers, energy efficiency and
emergency money for fuel top-ups*

**If you can't hear or speak on the phone use Relay UK to use our
telephone services by dialing 18001 before any of our numbers.
Visit the Relay UK website for more information.**