

# The Trussel Trust's Help through Hardship Helpline



The Trussell Trust supports more than 1,300 food banks nationwide; providing a minimum of three days' nutritionally balanced emergency food to people in crisis.



The Trussel Trust's Help through Hardship helpline offers free confidential personalised support with a trained Citizen Advice advisor.



Call 0808 208 2138 (Open Monday to Friday, 9am – 5pm. Closed on public holidays) or go to [Help through Hardship Helpline](#) for more information and details about assistance with calls, including BSL, Relay UK and Language Line.