

# Housing support

Housing and mental health are often linked. Poor mental health can make it harder to cope with housing problems and being homeless or having problems with your living circumstances can negatively impact mental health. Should someone be homeless or about to become homeless, this section provides information on organisations that can help.



Housing information and advocacy service to anyone experiencing housing issues, homelessness or are at risk of eviction in England, Scotland and Wales.

*England*  
**0344 515 2000**  
[england.shelter.org.uk](http://england.shelter.org.uk)

*Scotland*  
**0808 800 4444**  
[scotland.shelter.org.uk](http://scotland.shelter.org.uk)

*Wales*  
**0800 049 5495**  
[sheltercymru.org.uk](http://sheltercymru.org.uk)



Housing information and advocacy service to anyone experiencing housing issues, homelessness or are at risk of eviction in Northern Ireland.

**0289 024 5640**

[housingrights.org.uk](http://housingrights.org.uk)



Domestic violence support is available 24/7 to women and children needing a safe place to stay.

**0808 200 0247**

Webchat available  
[refuge.org.uk](http://refuge.org.uk)



Housing advice and support for a range of issues including arrears, poor quality housing and evictions.

**0800 144 8848**

[citizensadvice.org.uk/housing](http://citizensadvice.org.uk/housing)