Can’t pay your energy bills.

If you're finding it hard to afford your energy bills, there are several things you can do to help.

Talking about it with your supplier might feel like the last thing you want to do, but if you’re struggling to afford your energy bills, you're not alone.

Get in touch with your energy supplier to find out what it can do to help you keep up with your bills. Your options could include paying by monthly direct debit or signing up for a different tariff. Your provider may also be able to get you set up with access to their hardship funds. Read on to find out more:

For immediate help if you feel you are in urgent financial crisis, visit:

**The Citizens Advice Bureau** (08082231133) can give you free, independent advice on dealing with debt.

**Money Advice Service** (0800 138 7777) is a government-backed free money advice source**.**

**National Energy Action** (0800 304 7159) if you or someone you know cannot afford to heat their home.

**Shelter** if you are worried about your immediate housing situation.