



### Can CAP help you?

Are feeling weighed down by debt? You may think that your situation is impossible, but there is hope. Christians Against poverty is a completely free, award-winning debt advice charity. The Suffolk Coastal debt centre covers IP12,13,15,16,17,18,19 and last year they helped 30,000 people become debt free.

The friendly team will give you a listening ear, confidential face to face appointments and provide a practical solution to your debts.

Call the **free phone number 0800 328 0006** or visit [capdebthelp.org](http://capdebthelp.org). The team know that it takes a lot of courage to make the first call, but the sooner you call, the sooner you will have peace of mind.