



We Shine Brighter Together

This winter, we all might need a little help.

Whether it's finances, energy bills, food, mental health and wellbeing or all of the above, there's lots of support available.

Call our phone line, visit the website or email for advice or just to find out more.

Phone number: [0800 030 8780](tel:08000308780)

Email: costofliving@shetland.gov.uk

Website: www.shetland.gov.uk/costofliving

If you know someone who needs help, share these details with them

#WeShineBrighterTogether