

**You think you're being discriminated against.  
Who can help?**

You can contact a Citizens Advice Bureau for advice

Find out how a CAB adviser can help you:  
[www.adviceguide.org.uk/get\\_advice](http://www.adviceguide.org.uk/get_advice)

If you need information on discrimination and equality rights and responsibilities

If you need help with access to advice - for example, help from an advocate, BSL or other interpreter

If you want help to resolve your problem informally

**Equality Advisory Support Service (EASS) Helpline**

Tel: 0808 800 0082  
Textphone: 0808 800 0084  
Monday to Friday from 9.00am to 8.00pm;  
Saturday from 10.00am to 2.00pm

Website:  
[www.equalityadvisoryservice.com/app](http://www.equalityadvisoryservice.com/app)

Can you get Legal Aid?  
EASS can help you check this or you can check it yourself

You can check if you're financially eligible for Legal Aid from Civil Legal Advice online at [www.gov.uk/legal-aid](http://www.gov.uk/legal-aid)

If you know you're eligible for Legal Aid and:

- you need legal advice now
- tribunal proceedings have already started

**Civil Legal Advice**

Helpline: 0845 345 4345  
Minicom: 0845 609 6677  
Monday to Friday from 9.00am to 8.00pm;  
Saturday from 9.00am to 12.30pm

Text message: text name and 'legalaid' to 80010 and a helpline operator will call back within 24 hours