

## LIKEMIND

An online mental health companion for young people



# Knowing your rights

This document provides you with links to a range of useful resources about housing, employment, benefits and immigration.



## Benefits

Benefits calculator - <https://benefits-calculator.turn2us.org.uk/AboutYou>

Universal credit - <https://www.turn2us.org.uk/Benefit-guides/Universal-Credit/What-is-Universal-Credit>

Help with your rent - <https://www.themix.org.uk/housing/renting/help-with-your-rent-7903.html>

Council tax reduction - <https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/help-with-your-council-tax-council-tax-reduction/council-tax-reduction-making-an-application/council-tax-reduction-who-can-apply/>

Help on a low income - <https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/>

Benefits appeals - <https://www.themix.org.uk/money/benefits/benefits-appeals-9185.html>

Bailiffs - <https://www.themix.org.uk/housing/housing-problems/bailiffs-8968.html>



## Employment

Apprenticeships -

<https://www.apprenticeships.gov.uk/apprentice/what-is-an-apprenticeship>

Find an apprenticeship - <https://www.gov.uk/apply-apprenticeship>

Job centre - <https://www.gov.uk/contact-jobcentre-plus>

Find a job - <https://www.gov.uk/jobsearch>

Zero hours contracts - <https://www.themix.org.uk/work-and-study/workers-rights-and-pay/zero-hour-contracts-12507.html>

Discrimination at work - <https://www.mind.org.uk/information-support/legal-rights/discrimination-at-work/#.XN1MYBRKiUk>

Worker's rights and mental health problems - <https://www.time-to-change.org.uk/get-involved/tackle-stigma-workplace/support-employees/what-are-my-rights>

Mental health at work - <https://www.themix.org.uk/work-and-study/workers-rights-and-pay/mental-health-at-work-1359.html>

Trade unions - <https://www.themix.org.uk/work-and-study/workers-rights-and-pay/trade-unions-1697.html>

Work contract - <https://www.themix.org.uk/work-and-study/workers-rights-and-pay/contracts-1680.html>

Minimum wage - <https://www.themix.org.uk/work-and-study/workers-rights-and-pay/the-minimum-wage-1682.html>

Holiday entitlement - <https://www.themix.org.uk/work-and-study/workers-rights-and-pay/holiday-entitlements-1683.html>

## Housing

Homelessness -

<https://www.themix.org.uk/housing/housing-problems/am-i-homeless-8107.html>



Homelessness - <https://www.themix.org.uk/housing/housing-problems/help-i-am-homeless-7975.html>

Housing advice - [https://england.shelter.org.uk/housing\\_advice](https://england.shelter.org.uk/housing_advice)

Housing - <https://www.citizensadvice.org.uk/housing/>

Sofa surfing - <https://www.themix.org.uk/housing/housing-problems/how-can-i-stop-sofa-surfing-and-find-a-home-of-my-own-8104.html>

Discrimination by landlords - <https://www.themix.org.uk/housing/housing-problems/discrimination-by-landlords-7920.html>

Tenancy agreements - <https://www.themix.org.uk/housing/renting/tenancy-agreements-7967.html>

Tenants' rights - <https://www.themix.org.uk/housing/renting/your-rights-as-a-tenant-7966.html>

## Immigration

Immigration advice - <https://www.citizensadvice.org.uk/immigration/get-help/get-immigration-advice/>

Immigration - <https://www.citizensadvice.org.uk/immigration/>

Brexit - <https://www.themix.org.uk/travel-and-lifestyle/democracy-and-politics/do-i-need-to-apply-for-settled-or-pre-settled-status-31289.html>

Foreign workers - <https://www.themix.org.uk/work-and-study/workers-rights-and-pay/foreign-workers-your-rights-1688.html>

## Legal aid

Legal aid - <https://www.themix.org.uk/crime-and-safety/in-trouble/getting-legal-aid-11640.html>



