

If your benefits are reduced by the Cap:

Could you / your partner claim one of the benefits that protects you? (see over)

Could a dependent child / young person get DLA or PIP?

Do you need help budgeting, cutting bills or reducing debts?

ASK FOR HELP!

Do a budget plan – can you reduce your expenses?

Talk to someone about getting work or increasing your hours / pay

If you've been told to claim Universal Credit - get advice first

For short term help see if you can get a Discretionary Housing Payment - ask your Local Authority



DON'T PUT YOUR HOME AT RISK: CONTACT YOUR LANDLORD IF YOU'RE STRUGGLING TO PAY YOUR RENT

The Benefit Cap limit is:

	Outside Greater London	Inside Greater London
Couples & families	£423.46 a week £1835 a month	£486.98 a week £2110.25 a month
Single, no children	£283.71 a week £1229.42 a month	£326.29 a week £1413.92 a month

If you get more than this, your Universal Credit will be cut - unless you are protected (see over).

