



# Know your rights in a changing energy market

## Get help with an energy problem

Contact Advice Direct Scotland if you need help with an energy problem. This includes issues with your bills or meters, or if you're struggling to pay for the energy you use. They're the official source of free and independent energy advice and support.

Go to: [energyadvice.scot](https://energyadvice.scot)

Or contact Advice Direct Scotland:

Call: **0808 196 8660**

Textphone: **18001 followed by 0808 196 8660**

Mon–Fri, 9am–5pm

Calls are free

## Reducing your bills

If you want to pay less without switching supplier, there are lots of things you can do to save money. To find out more, contact:

### Home Energy Scotland

(Scotland only)

Go to: [homeenergyscotland.org](https://homeenergyscotland.org)

Or call: **0808 808 2282**

Mon–Fri, 8am–8pm

Sat, 9am–5pm

Calls are free

## Take control and get a better energy deal

Want to save money by switching tariff or supplier?

Check out our price comparison tool

[energycompare.citizensadvice.org.uk](https://energycompare.citizensadvice.org.uk)

