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## Your rights and benefits

**Make sure that you know your rights and that you claim all the benefits that you are entitled to.**

Visit [pha.site/benefits](http://pha.site/benefits) or contact Make the call on 0800 232 1271 for further information on what benefits you may be entitled to.

Working out what benefits and rights you are entitled to and making claims can be complicated. There are a number of government departments and voluntary organisations that can help you.

- Your local Jobs and Benefits or Social Security Office can give you advice about benefits. You can find your local Jobs and



Benefits or Social Security Office at [pha.site/jobs-benefits-offices](http://pha.site/jobs-benefits-offices)

- Citizens Advice Bureaux, law centres and other advice agencies can advise you about your rights at work. To find your local advice agencies, visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- The Equality Commission for Northern Ireland can advise you if your problem is to do with sex discrimination, visit [www.equalityni.org](http://www.equalityni.org) to find out more.
- Employers for Childcare's Family Benefits Advice Service provides free, impartial and confidential advice to parents to help you maximise your income

and inform you of your rights and entitlements. Call Freephone 0800 028 3008.

You also have certain rights in the workplace when you have a baby, such as the right to maternity leave. You can find out more about maternity leave and other parental rights at [nidirect](http://nidirect), see [pha.site/maternity-rights](http://pha.site/maternity-rights) or [pha.site/parental-rights](http://pha.site/parental-rights)

Rights do change and different benefits have to be claimed using different forms and from different offices. Get further advice if you are unsure of anything.

