

## Need help applying for PIP or ESA?

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Applying for benefits can be a bit confusing. It can even seem a bit overwhelming. C-App can help.

[Help preparing for ESA](#) - This site covers Employment and Support Allowance, the benefit for people who can't work because of illness or disability.

[Help preparing for PIP](#) - This site covers Personal Independence Payment, the benefit for people of working age who have a long term health problem or a disability, to help meet the extra costs they face.

### **These sites will help you learn more so you:**

- Understand what the benefits are and how to apply.
- Understand the forms and the assessment processes.
- Know how to answer the questions in your assessment.
- Know more about your rights.

### **You can also practice, at your own pace, the sort of questions you'll be asked. This will help you:**

- Be more confident about the forms and ready for your assessment.
- Get clear about what you need to mention in your assessment.
- Get an idea of whether you'll qualify for benefit, and at what level, when you do the assessment for real.

These sites have been brought to you by [seAp](#), an independent charity that provides free and confidential advocacy services, and has been developed by [Neontribe](#).

## Who to contact

**Website**                      [c-App](#)