

Our guide to: **Employment and Support Allowance (ESA)**



- Do you have an illness, a health condition or a disability which stops you from working?
- Employment and Support Allowance (ESA) is a payment you could get every two weeks to help with your living costs

Can you get ESA?



There are two types of ESA called ‘contribution-based’ and ‘income-related’

You could get either, or both at the same time



For Contribution-Based or 'new style' ESA, you will either:

- Have a health condition
- Not be old enough to get a pension payment
- Not work
- Live in the UK
- Have a National Insurance Number





Income-related ESA

- You may be able to get income-related ESA if you haven't paid enough National Insurance contributions to get contribution-based ESA
- If you have a partner can't receive income-related ESA at the same time as some other benefits



For more information, you can go to the Citizens Advice Bureau website at the link below:

<https://www.citizensadvice.org.uk/>

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/employment-and-support-allowance/>

If there is any information you think is incorrect or have any requests for new factsheets, please let us know by giving feedback using the contact details below.

This guide is one of many produced by Advonet, an independent advocacy charity in Leeds. It aims to help you speak up about your rights. This is called **self-advocacy**.

For more of our guides, please go to our website at advonet.org.uk/self-advocacy

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