

Six Steps If You're Feeling Stressed About Your Finances



Take control

Some of us are good at managing our money, but there can always be times when we don't do as well and we need to look for support. Don't ignore your worries, it is better to face and deal with them, even though it can feel scary.

Seek Support

Once you've acknowledged you need help, talk to someone you trust, like your manager, or a Mental Health First Aider.

Get advice

The 'Help with your Finances' page of the wellbeing hub has lots of places you can look for information, or look at the 'Access Confidential Support Now' section of the wellbeing hub for helplines or support.

If you have creditors, make them aware

Lots of organisations will have solutions for you if you are up front about your situation.

Take small steps

Lots of little changes can make a big difference and go some way to reducing the mountain to more of a mole hill.

Connect with others who understand

If you're struggling with how you feel, find ways to talk to others who have been in the same boat,

For example, Step Change have a Facebook community.

