

Improving your financial health

We know it isn't easy talking about your finances but if you're struggling with debt, it's best to get in touch sooner rather than later.



The 'if finances are a struggle' section of our website has a lot of help:

- ✓ Get tips to help you cut your spending.
- ✓ Find out how to tackle rising energy costs.
- ✓ Learn about the benefits of budget planning.
- ✓ Work out your own income and spending.

Get started on our ['if finances are a struggle' page](#)



Not sure who to talk to?

Have you missed one or more payments? Are you struggling with bills like paying for electricity or water?

If so, you can speak to someone and get free advice.

You can find out more information on our [independent help and support page](#)



Or maybe you want to check your own financial health?

Simply visit our [financial health check tool](#)