



Money on your mind

Many people face financial worries from time to time. Here are some examples of where you could find help, support and guidance.

Lancashire
County Council



Employee Support Team

Offering impartial help and emotional support to employees who have personal and employment related issues and concerns that are impacting on their health and job performance

mental health
stress
change
conflict
dealing with change
debt
relationships
HELLO

EMPLOYEE SUPPORT
employeesupport@lancashire.gov.uk
01772 538333

This is an automated service so that you can leave a message



If you have an LCC pension speak with yourpensionservice to see what support they can give you.
For help and advice contact
AskHR@lancashire.gov.uk or
01772 535355



BLUESANDTWOS
Credit Union • Working for you not for profit

www.bluesandtwos.org.uk
01772 618833

christians
against
poverty

CAP

Access a simple self help guide that will guide you through the step by step process of getting yourself out of debt.

www.capuk.org
01274 760720

**citizens
advice**

Helping people resolve their legal, money and other problems by providing free, independent and confidential advice.

03444 111 444

cma

Freedom from debt
Hope for the future

www.communitymoneyadvice.com **01743 341929**

Community Money Advice:
They have free face to face money advice centers to reach anyone needing help and support from form filling to personal insolvency.

Debt Advice
Foundation

This is a registered national debt advice and education charity offering free, confidential support and advice to anyone worried about loans, credit and debt
www.debtadvicefoundation.org
0800 043 40 50

debt support trust

Providing debt advice and support for people struggling to manage their debts.

www.debtsupporttrust.org.uk
0800 085 0226



**the Money
Advice Service**

Is an independent service, set up by government, they give free, unbiased money advice to everyone across the UK – online, over the phone and face to face.

www.moneyadvice.org.uk
0800 138 7777

MoneySavingExpert.com

Mental Health & Debt 2019



Help, info, guidance and support for individuals and carers

By Martin Lewis, Jenny Keefe & Marianne Curphey

The guide can be downloaded free from www.moneysavingexpert.com/mentalhealth

Money Saving Expert

Access this free Mental Health and Debt booklet

www.moneysavingexpert.com/mentalhealth

This guide is for people experiencing mental health problems, their friends, family and carers who want to help them tackle their finances.

www.moneysavingexpert.com

**NATIONAL
DEBTLINE**

Free, independent and confidential debt advice.

www.nationaldebtline.org
0808 808 4000



Offers comprehensive advice, guidance and support for anyone struggling with debt.

www.payplan.com
0800 280 2816



Offer tailored advice and practical solutions to help you manage debt.

www.stepchange.org
0800 138 1111

Civil Legal Advice



You might be able to get free and confidential advice from Civil Legal Advice (CLA) as part of legal aid if you're in England or Wales.

www.gov.uk/civil-legal-advice 0345 345 4 345

BACK
COVER

*If you struggling
after the death
of someone close?*



Provides support, information and practical advice including financial issues

www.cruse.org.uk
0808 808 1677



Gamblers Anonymous
Is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to do the same.

www.gamblersanonymous.org.uk



**Problem
Gambling
Support**

If you or someone you know has been affected by problem
Speak to an advisor via the free helpline.

www.gamcare.org.uk
08088020133

LANCASHIRE VICTIM SERVICES 0300 323 0085
Support for victims of abuse, including financial abuse.
www.lancashirevictimservices.org

SAMARITANS

Need to talk to someone?
Confidential and emotional support 24 hrs a day.
(Freephone) 116 123
jo@samaritans.org
If you feel you are in danger call 999

Are you struggling to cope or feeling overwhelmed?
Talk to someone now about how you are feeling.

**YOU ARE NOT ALONE.
YOU ARE IMPORTANT.
AND ITS OK TO ASK
FOR HELP**

**time to change
lancashire**

helping to end mental health discrimination

Further information can be found in our money worries help note available via the My health and wellbeing LCC intranet pages or alternatively e-mail Supportingme@lancashire.gov.uk for your free copy.

Discover little steps to
look after **your health**



**every mind
matters**

FRONT
COVER