

Money on your

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



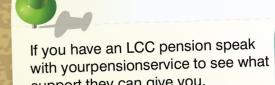
Employee Support Team

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

EMPLOYEE SUPPORT employeesupport@lancashire.gov.uk 01772 538333

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

Lancashire



support they can give you. For help and advice contact AskHR@lancashire.gov.uk or

01772 535355



pension

www.bluesandtwos.org.uk 01772 618833

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Access a simple self help guide that will guide you through the ster 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

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.

www.communitymoneyadvice.com 01743 341929

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.moneyadviceservice.org.uk 0800 138 7777

MoneySavingExpert.com

Mental Health & Debt 2019



Help, info, guidance and support for ndividuals and carers

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



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



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

www.gamcare.org.uk 08088020133

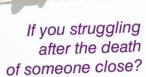


Civil Legal Advice

GOV.UK

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



?Cruse Bereavement Care

Provides support, information and practical advice including financial issues

> www.cruse.org.uk 0808 808 1677



LANCASHIRE VICTIM SERVICES 0300 323 0085

Support for victims of abuse, including financial abuse. www.lancashirevictimservices.org

BACK COVER



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.

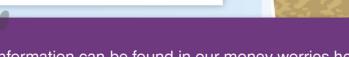
YOU ARE NOT ALONE.

YOU ARE IMPORTANT. AND ITS OK TO ASK **FOR HELP**



time to change

lancashire



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.



Information correct as of November 2019

Discover little steps to look after your health



every mind matters