



**MAKING
EVERY
CONTACT
COUNT**

Financial wellbeing



Key messages

- Lots of people can struggle with money worries, the sooner you get support the more in control you will feel.
- If you are worried about money there is lots of support available locally and nationally.

Other important messages to consider

- Having money worries can sometimes feel overwhelming. Understanding how credit and mortgages work could reduce chances of financial losses and prevent debt.
- Always check if you are eligible for benefits, even if you are working or receiving a pension.
- Money worries can have an impact on your wellbeing and can cause stress and anxiety. This could lead to problems sleeping, low mood and physical illness. If money worries are having a negative impact on you please talk to a trusted family member, friend or mental health service.

Why is it important?

- The consequences of “problem debt” are devastating for individuals and their families, as well as for the wider economy and public services.
- Problem debt can have a detrimental impact on health and wellbeing, but being in poor health also affects a person’s likelihood of experiencing persistent debt issues.
- There is a strong relationship between struggling with debt and reporting worse health. People in problem debt are twice as likely to report their health is ‘less than good’ (46% compared with 23% without problem debt) and three times as likely to report their health is ‘bad’ or ‘very bad’ (21% compared with 7%).
- The increase in the cost of living can mean that people can be at an increased risk of experiencing problem debt, which could lead to people losing their job or their home.



Self help

If you are struggling with your finances you can obtain free advice, factsheets, tools and templates from Citizens Advice www.citizensadvice.org.uk/debt-and-money/

You can also get free and impartial money advice from the Money Helper Website, set up by the government www.moneyhelper.org.uk/en

You can obtain tips, tools and guides on financial issues from www.moneysavingexpert.com/

Other organisations which also provide useful factsheets and booklets on how to deal with debts include National Debtline: www.nationaldebtline.org and Stepchange: www.stepchange.org

Local services

Citizens Advice Dudley and Wolverhampton provides free, confidential and impartial advice on money issues, benefits, housing or employment. A telephone advice line is available - **0300 330 9044** and there is also additional information available on the website www.citizensadvice.org.uk/debt-and-money/

Dudley Council offers advice and links to further support with rising living costs. A wide range of topics are covered with information for people who are struggling to pay bills, transport support, care costs, child support and information to help with mental health and wellbeing www.dudley.gov.uk/council-community/cost-of-living/

Get involved

Dudley & Wolverhampton Citizens Advice offers a range of volunteering opportunities for people from all sorts of backgrounds. You could help with fundraising, IT, administration, campaigning, trusteeship, supporting witnesses, giving advice and as a telephone assessor. Volunteers receive regular training and support and gain new skills and experience.

Visit www.citizensadvisedudley.org/volunteering/ for more information and to find local volunteering opportunities.



Money issues

