

Money Management



Practical, confidential advice on managing your personal finances

Managing personal finances isn't always easy, and from time to time many of us experience various money problems. A confidential and free of charge conversation, with an independent adviser, can be a positive first step in sorting things out. Our money advisers can help with:

- ✓ Re-organising finances
- ✓ Coping with change
- ✓ Setting a budget
- ✓ Planning spending
- ✓ Managing debts

Don't ignore it!

Even if you feel things are getting out of control. Call us today and our expert and sympathetic advisors will help you work out a plan to get things back on track. Sometimes it can take a long time to fully re-organise your finances, and clear all your debts if you have any, but as soon as you talk to someone and make a plan, you can begin to feel much better.

For counselling and advice, call free:

0800 328 1437

If abroad: +44 (0) 1482 661 814

Or visit us online:

employeeassistance.org.uk

Your Employee Assistance website gives you links to many useful sources of practical help and advice too. This website also gives you another way of contacting our team, you can email us about any issue and arrange an appointment with one of our counsellors or advisers.

