

# EMPLOYEE SUPPORT BULLETIN

## JANUARY 2009

### Employee Assistance Programme

#### Dealing With Debt - first steps to recovery !

The amount of money owed by consumers has broken through the £1 trillion barrier for the first time.

One of the most common forms of debt is caused by overspending on credit cards. If you cannot trust yourself, then avoid them. Don't be tempted by store cards as the interest rates on these are usually higher than your bank credit cards.

Being in debt is NOT something to be ashamed of. Some of us will get into financial difficulties due to a change of personal circumstances such as a illness, unemployment or relationship breakdown.

One major problem is that many people simply choose to

ignore their personal debt problems.

#### First steps to recovery...

Admit there is a problem and that you indeed need help!

Check your financial movements. Compile a weekly or monthly personal financial statement to get an accurate picture of your income and outgoings.

Sort out priorities. Make sure you deal with priority creditors first, those which could lead to you losing your home or fuel supply. Contact your creditors and tell them you are having difficulties.

Be realistic. Smaller regular repayments are preferable to

unrealistic offers which you cannot maintain.

If you have a question relating to 'Dealing With Debt' please call your HMAP on freephone:

**0800 282 193**



#### Just some of the Issues Covered:

- Stress and anxiety
- Bullying & harassment
- Performance at work
- Managing Pressure
- Debt management
- Financial matters
- Family life
- Relationships
- Health & Well-being
- Child care & parenting
- Work-life balance
- Legal matters
- Bereavement
- Traumatic incidents
- and much more besides

#### Free and Confidential

Helping you solve life's challenges....

The Employee Assistance Programme is here to help. Call us on: **Freephone 0800 169 9952**



**24 hours a day, 7 days a week**

**365 days a year**

**Whatever your concern, call HMAP any time, day or night, for an informative, impartial discussion with one of our trained advisors.**

**All calls are kept confidential**

**Minicom: 0800 085 5739**