

Financial wellbeing toolkit

Financial worries can affect us all at different points in our lives. The stress it can cause impacts our mental and physical health, as well as our relationships and how we are at work. With this in mind, we've collated some useful online tools and advice to help improve your financial wellbeing. Simply click on the resources below to get started!



Budget planner

Identify how much you are spending and where savings can be made.



Benefits checker

Billions of benefits go unclaimed each year. Check any entitlements at GOV.UK.



Maximise your income

PayPlan share six steps to help boost your income.



Cost-of-living crisis support

This interview explores areas of support, including help with debt.



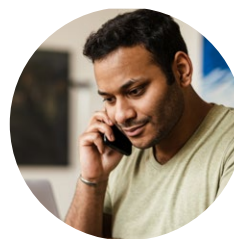
Top tips to financial wellbeing

PayPlan share eight steps to help improve your financial health.



Ways to reduce spending

Money Saving Expert share 25 ways to help cut down your spending.



Tips for talking to your creditor

MoneyHelper cover what you need to know and your rights.



Mental health and debt

Sarah shares her experience of debt and the impact on her mental health.

Further support

PayPlan - Free debt advice and support.

Mind - Information and support on money and mental health.

Mental Health Foundation - Advice on debt and mental health.

MoneyHelper - Impartial money advice backed by the government.