

Health and Wellbeing

Financial concerns

There are four common financial concerns that most of us will go through at some point in our lives:

- Debt
- Family finances
- Marriage and money
- Longevity and retirement



Activity

Consider your own life to date; have you ever had a financial concern? Perhaps planning to pay for a car, or buying clothes for a holiday.

Some people struggle with managing the basics every day and this can be stressful.

Research the following support organisations which offer advice when dealing with financial worries.

Identify the support available and the steps you could take in a situation where financial worries are a concern.

- Lifeline
- NHS
- Good therapy



Make some notes on your findings and prepare to discuss with your key contact