

## More help

For advice about coping with stress, depression or anxiety, a directory of local services and useful links to other sources of information, please visit **[www.nhs.uk](http://www.nhs.uk)**

For help coping with redundancy and managing your finances, please visit **[www.direct.gov.uk](http://www.direct.gov.uk)**

If you aren't online at home, then try your local library.



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If you require further copies of this title visit **[www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk)** and quote: 295465/Credit Crunch Stressline leaflet

Tel: 0300 123 1002

Textphone: 0300 123 1003 (8am to 6pm, Monday to Friday)



Worried about the recession?  
So much you can't sleep?  
Or fear the worst?  
Talk to us.

Call **0300 123 2000**  
8am to 10pm, 7 days a week

# Is the credit crunch dragging you down? Here are four ways we can help.

## 1. We'll listen to you

Job insecurity, redundancy, debt and money problems can all cause feelings of distress. When times are tough, it's quite natural to feel worried or down. It's when these feelings go on for weeks that they can start to affect your health and wellbeing.

Are your worries about the credit crunch interfering with your life? Get some help. Simply dial the **NHS Credit Crunch Stressline** on **0300 123 2000** and speak to someone who cares. All our health advisers are trained to help.

## 2. We'll offer you useful information you can trust

You may be severely depressed by job hunting. Or anxious about losing your business. You may be stressed about overdue bills. You may even be worried about losing your home. The credit crunch hits people in lots of different ways.

We'll help you to understand the real nature of your problem. We'll ask you some questions and find out just how bad you're feeling. We'll give you some clarity and help you to get on top of things.

## 3. We'll guide you through your crisis

Our health advisers will spend time talking things over with you. Conversations could last a few minutes or they could last a quarter of an hour.

Whatever your problem, we'll offer you practical advice or point you to just the right service.

Expert advice will:

- help you to look at your problems;
- provide self-help materials;
- give supportive feedback; and
- guide you to online resources.

Other help available:

- financial and debt management services
- employment and career services
- mental health services.

## 4. We'll help you to get back in control of your life

One of the worst things about a crisis is that things no longer feel normal. We'll help you to get your life back on track – we'll either do this ourselves or point you to other people who can do it instead.

Worry is generally caused by a setback that is temporary and specific. We'll give you the tools and resources you need to overcome your difficulties. We'll show you how to cope.

Talk to us on

**0300 123 2000**

Calls should cost the same as those to standard landlines and may be part of your call package. Costs from mobiles may vary.