

Care first

Financial worries can impact our emotional and mental wellbeing

Do you require support and advice from Care first's money and debt trained Information Specialists?

Need someone to talk to?

0800 174 319

Are money worries effecting your health, relationship, social or family life?

Mental health issues can impact our financial wellbeing

Do you struggle to manage your finances?

Are you having a difficult time and feel you need some advice?

Our counselling and support service is free and confidential.

Online support:

www.carefirst-lifestyle.co.uk.

Note: You will need username and password. Check poster in school staffroom for this information.

Confidential support available 24/7

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