

## February / March 2010

### Release... debt hangover?

With Christmas now over, however well intentioned we are, we have probably spent more than we wanted to, and the real 'cost' of it may be beginning to bite! You may be asking the question 'what should I do?' Money worries affect nearly all of us.

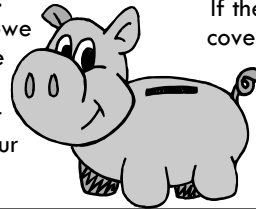
If you find that you are falling behind with your bills and worried about how to pay your debts, you are not alone, many people will be going through the same thing, and most of us just put a brave face on things and 'muddle along'.

#### **SO 'WHAT SHOULD I DO IF IT HAS ALL GONE WRONG?'**

• Don't ignore the problem; it won't go away and the longer you leave it, the

worse it will get.

- Don't borrow money to pay off your debts without thinking carefully. Get advice first.
- Work out your personal budget to send to your creditors, when you tell them about your difficulties.
- Make sure you tackle your priority debts first, for example, debts which could mean losing your home or having your gas or electricity cut off.
- Contact everyone you owe money to and make arrangements to pay a reduced amount that you can afford on your credit debts.



For some great money saving tips, check out past articles on the Release website: [www.releaseonline.org.uk](http://www.releaseonline.org.uk)

#### **FOR FREE, CONFIDENTIAL AND NON-JUDGMENTAL ADVICE ON CREATING A BUDGET and DEALING WITH DEBTS**

contact RELEASE (Financial) Charitable Trust on 01773 306289 or 07805 795748, 07932 088331. [www.releaseonline.org.uk](http://www.releaseonline.org.uk)

If there are any topics you would like us to cover relating to money/debt issues please contact us.

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