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Release...

Debts and money worries can be bad for our health but also ill health can lead to debt and money worries - which comes first? We would suggest that it is different for different people in different circumstances. However, if the worry of debt keeps you up at night or is affecting your health, either physically or mentally, there are ways to deal with the money and debt issues. It is well documented that money and debt issues cause symptoms such as headaches, migraine, fatigue, stress, sleeping disorders, anger and anxiety which in turn can lead to heart disease, high blood pressure, diabetes and even cancer.

For some, the worry about money and debt causes them to comfort eat which causes them to become obese. Others may seek temporary release by 'drowning their sorrows' with alcohol or taking drugs (legal and illegal), indulge in retail therapy or the immediate, perceived pleasure, of gambling and the like. However, as we said earlier, money and debt issues can be

resolved. As Martin Lewis (TV money expert) on his website www.moneysavingexpert.com says 'No debt problems are unsolvable. It mightn't be easy or quick, but there's always a route. Debts are urgent; they grow rapidly over time, and speedily spiral into trouble. The earlier you deal with 'em, the easier they are to deal with.'



From this website there is a free downloadable 40 page booklet called 'Mental Health & Debt' supported by Mind, Rethink, CAB and CAP.

For one to one support please contact us. We offer 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.

www.releaseonline.org.uk

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

