

All it takes is

one change

to double your struggles

People who experience just one change in circumstance are twice as likely to be struggling financially.

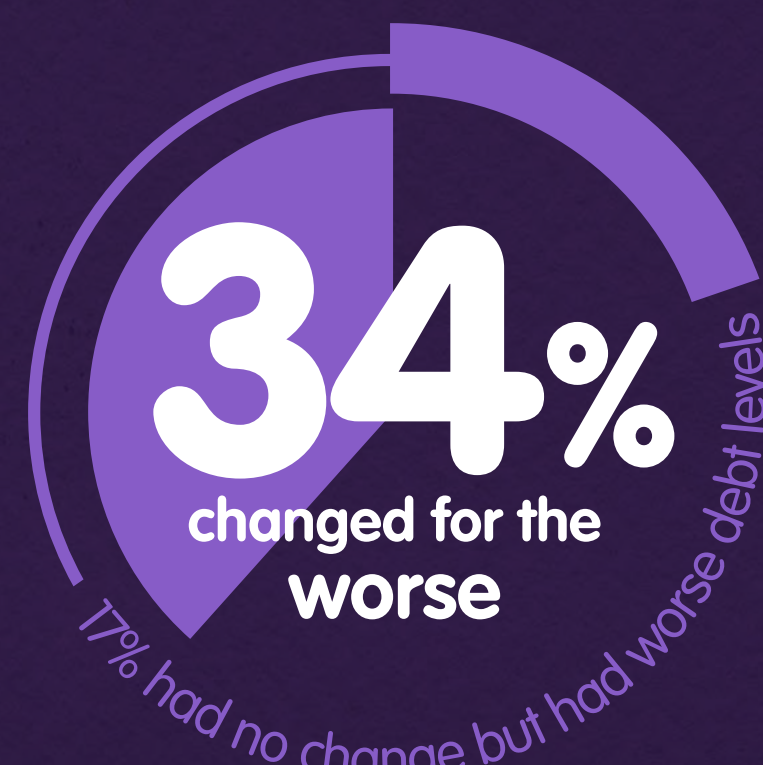
Of those whose financial situation had worsened:



Of those worried about their financial situation:



Of those whose debt levels changed:



All it takes is one change in

family

to turn your world upside down



All it takes is one change in

work hours

to turn your world upside down



All it takes is the onset of long term

illness/disability

to turn your world upside down

59% of people who have separated/divorced say their financial situation has worsened

37% are falling deeper into debt

88%

said they're struggling to pay for food, energy and other essentials

71%

say the onset of their condition has negatively impacted their income

72%

of new parents say they're worried about their financial situation

52%

have fallen behind on household bills

47%

have had to cut back on food, and 10% have visited a foodbank

31% of those with changes in the family say their financial situation is straining their family relationships

37% have had to borrow money from family or friends

55%

are experiencing depression and...

47% are not claiming any benefits and...

60%

say their financial situation is negatively affecting their health

46%

...are unable to sleep

66% don't think they would be eligible for financial help

34% said they would feel too ashamed to claim benefits

20%

have never checked their benefit entitlement

one change

All it takes is one change to double your struggles. Turn2us can help you access benefits and other financial help. Visit: www.BenefitsAwareness.org.uk and: #OneChange



Turn2us
to access benefits & grants