

Life as a

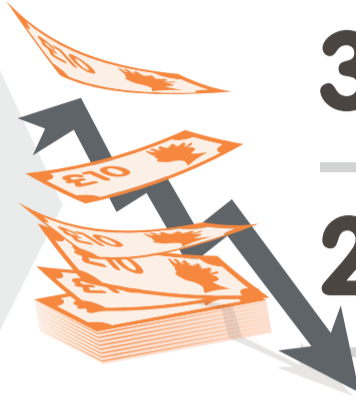
low-income worker



The situation In the last year



57%
feel their financial situation has worsened

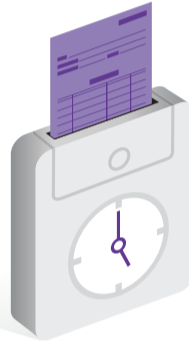


37% self-employed saw a decrease in income

25% experienced a decrease in income



39%
say their outgoings outweigh their earnings



57%
would like to work more hours but do not have the opportunity

The effects



30%

are unable to sleep and 27% are experiencing depression



38%

people with disabilities are experiencing depression

What people have had to do

43%

have cut back on essentials (food and heating)



Benefits can help

60%

have not checked their eligibility or don't know how to check



85%

say benefits have had a positive impact on their lives

98%

parents say benefits have had a positive impact on their lives

