

# Financial Wellbeing

## Signposting



The evidence clearly links financial wellbeing to employee wellbeing and performance, however it can be a tricky topic to bring up. These resources provide guidance for employers as to how to approach the topic with teams and practical tools for employees to review their budgeting and get help if needed.

## Budgeting and money management

### Money Helper

Money Helper provides support to make your money and pension choices clearer. They explain what you need to do and how you can do it, putting you in control with impartial guidance that's backed by the government.

[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

### Money Saving Expert

Money Saving Expert is dedicated to cutting your bills and fighting your corner with journalistic research, cutting-edge tools and a massive community - all focused on finding deals, saving cash and campaigning for financial justice.

[www.moneysavingexpert.com](http://www.moneysavingexpert.com)

### Money Facts

Guides on topics including mortgages, banking, insurance and much more.

[www.moneyfacts.co.uk](http://www.moneyfacts.co.uk)

### Budget Planner

A budget tool which helps you know exactly where your money is being spent, and how much you've got coming in.

[Budget Planner](#) | [Free online budget planning tool](#) | [MoneyHelper](#)

## Comparison sites

### Money Supermarket

[www.moneysupermarket.com](http://www.moneysupermarket.com)

### Compare The Market

[Compare the Market](#) | [Good Things Happen When You Meerkat](#)

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## Financial Wellbeing

### 7 steps to ensure employees' financial resilience

A best practice checklist for employers to support employees with money and the impact on mental health.

[Best practice checklist - Employers.pdf \(moneyandmentalhealth.org\)](#)

### Financial Wellbeing Support

A free and impartial money advice telephone support line via phone, WhatsApp and webchat.

[NHS England » Financial wellbeing support](#)

### Why employee financial wellbeing matters

The business case for supporting financial wellbeing - an evidence-based insight and practical recommendations for addressing employee financial wellbeing in the workplace.

[Employee Financial Wellbeing | CIPD](#)

### Citizen Advice Bureau - Debt Support

Online information to help you make the right choices, including help to deal with your debt problems, how to avoid losing your home and how to get your finances back into shape.

[Debt and money - Citizens Advice](#)

### StepChange - Debt Charity

StepChange provides; free, confidential and expert debt advice and money guidance. They also provide support while you deal with your money worries, for as long as you need help.

<https://www.stepchange.org/>