

What to do if you're worried about your finances

Coronavirus could mean you'll soon need to start living on less money than you're used to. Especially if you or a family member starts to rely on Statutory Sick Pay (SSP), have had your hours reduced or are completely unable to work.

Financial help steps you can take right now:

1. **Look at your budget** - Your priority is to make sure that you have enough money to meet your basic needs. To do this, work out how much money you need to live on a day to day basis. You can do this by [downloading and completing our handy budget sheet](#).
2. **Prioritise your payments** – Priority debts should be dealt with before your non-priority debts. [Make sure you understand the difference](#) and act accordingly.
3. **Speak to your bank, lender or credit provider if you think you'll miss payments** – If you contact a creditor to explain that you're in financial difficulties, and you're seeking help from a debt advice organisation, most companies will give you at least 30 - 60 days breathing space.
4. **Get debt help as early as possible** – If you are worried about your money or concerned that you will or have fallen into arrears then it's always better to seek advice sooner rather than later. PayPlan offers free and confidential debt help for police officers, police staff and their families. Request a call back or go through their digital journey via: www.payplan.com/police-federations

Free debt advice with PayPlan

PayPlan is one of the UK's most trusted free debt advice providers and is recommended by the Money Advice Service. Its expert advisers offer free and confidential Financial Conduct Authority regulated support, advising on a range of debt-free solutions that are tailored to each individual's circumstances.

Call 0800 009 4146 or get debt advice online at: www.payplan.com/police-federations