



Durham
University

Human Resources
and Organisation Development



Staff Financial Wellbeing and Cost of Living Support



Check 9 > Seek help if you need it?

Research shows that money worries negatively affect work, performance and overall wellbeing. If you think you have a problem, don't suffer alone, seek a helping hand through support available from services that you can access from work and charities that help people in debt.

The following organisations can help you to manage concerns about money and debt.

- [Employee Assistance Programme \(EAP\)](#) > Our EAP service provided by Health Assured is available to help you with personal and professional problems that could be affecting you home or work life, health and general wellbeing.
- [NEFirst Credit Union](#) > They aim to provide ethical finance for our communities in the North East of England and you might benefit from saving options and loans.
- [Citizens Advice](#) > They offer advice on a range of issues, including a debt and money section.
- [Step Change Debt Charity](#) > They offer free and impartial advice to get your finances back on track.
- [Durham Foodbank](#) > It's there to help local people during times of hardship.

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