**Debt solutions in 60 seconds - Video Transcript**

Hi, I’m Agata and this is Debt solutions in 60 seconds.

Being in debt is stressful and can be overwhelming at times.

Debt can affect relationships, physical and mental health.

With the right support it is possible to manage debt and get your finances back on track.

For some people this might mean being able to identify the triggers that lead to debt.

For others it might mean avoiding unhealthy borrowing, scams or non-priority expenditure.

Many of the people you support will require help managing the arrears that they are already in. And getting the vital support that they need.

Staying on track with steps that have been put in place to avoid and manage debt is crucial.

In Money Supporter Training we demonstrate how to create effective budget plans with people.

We will guide you through supporting people in debt and raise awareness of where to get specialist advice.

Thank you for watching Debt solutions in 60 seconds.

**Agata**

**Money Supporter Training**

**Co-design workshop participant**