

Getting your challenges sorted

Introduction

Talking about money, debts and your finances can be a real challenge. For some people in New Zealand their money worries can lead to one or more of the following:

- Depression.
- Shame and embarrassment.
- Suicidal thoughts.
- Wanting to gamble.
- Wanting to smoke cigarettes or drink more often.
- Feeling isolated, embarrassed to talk to anyone about their money issues.

Its not easy to but there can be a light at the end of tunnel when you ask for help.

Recognising the signs

Here are some signs you can look for if you're worried about a relative, friend, employee or yourself. Not everyone has the same experiences but these examples are common.

- Wanting to borrow money to gamble or to cover debts.
- Start to miss work or other regular commitments.
- Smoke / drink more often.
- Express suicidal thoughts.
- Withdraw from contacting friends and family.



Where to get help?

If you would like to talk about personal challenges affecting you or someone you know, you can contact these FREE phone numbers and websites

Depression Helpline

0800 111 757 and text 4202 – you can talk through emotional and psychological issues with counsellors

Gambling Helpline

0800 654 655 and text 8006 - support for those worried about gambling or the gambling of others www.gamblinghelpline.co.nz

Quitline

0800 778 778 - support for people wanting to quit smoking and stay quit www.quit.org.nz

Suicide Prevention Line

0508 TAUTOKO (0508 82 88 65) www.lifeline.org.nz Keyword: Suicide

When you are ready to get your finances sorted visit our website: www.sorted.org.nz