

DEBT AND MENTAL HEALTH

ACROSS THE UK IN 2019

Our recent client survey shows the impact being in debt has on mental health. Life after debt shows the positive effect that seeking support has on people's mental wellbeing and stress levels.

85% of PayPlan clients said being in debt **has impacted their mental health**

Being in debt causes:



91%
Stress

68%
Depression

84%
Anxiety



47% of people in debt visit their their doctor about stress or mental health



37% were recommended to seek debt advice

Clients told us they are most worried about:



88% not being able to pay bills



45% losing their car or home



39% having no one to talk to



30% how it affects their performance at work

LIFE AFTER DEBT

The positive effects of seeking free debt advice from PayPlan:

93%

improved their mental wellbeing and stress levels reduced

73%

found the online journey good for their mental health

95%

feel confident about managing money

69%

can open up to friends and family about their situation

Do you know someone who needs free debt advice? Make sure they get the support they need.



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