

# Breathing Space from your debt

Do you have debt and are struggling to pay? There are things you can do to help with this.

The Breathing Space scheme is a government backed scheme that could give you extra time to get debt advice and set up a debt solution. You could get 60 days of breathing space where your creditors can't:

- contact you
- take action to make you pay
- add interest and charges to your debt

It covers most debts, including credit and store cards, loans, overdrafts and arrears on household bills. You'll need to get advice from a debt adviser first and they'll check all your debts to see if they're covered.

For support with debt, contact us on 01623784385 (weekdays 9:30am to 2pm).

Scan the QR code for more information on debt advice.



**Ashfield**

