



# Talking About Money Pressures

Money pressures can affect anyone. An unexpected bill, car repair or tougher month can create stress.

Sometimes people talk about it.  
Sometimes they don't.

## Credit Union Support

We want to make sure everyone who needs support knows it is available through the Credit Union and **we need your help.**

## Notice a Colleague Struggling?

If your colleague mentions money worries, you're not expected to fix it. You can simply signpost them if it feels appropriate.

**"We have a Credit Union available through payroll if that's helpful."**