



# LOOKING AFTER YOUR FINANCIAL WELLBEING



**Talking about money can be difficult.** However, the fact is that it's a topic that we all have to deal with, and when you are dealing with financial stresses, it can have a profound impact on your mental health and wellbeing. And it's more common that you might think to worry about money - a recent survey by People Management found that 40% of us are worried about money. These people are:

- 880% more likely to have sleepless nights
- 760% more likely not to be able to finish daily tasks
- 600% more likely to have a lower quality of work
- 220% more likely to be looking for a new job



Clearly, not only can financial stress affect your home life, it can also have an impact on your working life. It's therefore important that employers do consider their employees' financial wellbeing, not only for the performance of the organisation, but for the mental health of our employees. With this in mind, we hope that you might find today's webinar from James Wright, Astrea Academy Trust Finance Director, helpful if you are having any stresses in this area, or even if you just want to know what options there are out there. James will be providing factual information, which will be followed up with a fact sheet of useful links, and will also host a Q&A

session. The Q&A session will be entire confidential, and if you've got a question that you'd like to ask, please feel free to submit it to [festivalofkindness@astreaacademytrust.org](mailto:festivalofkindness@astreaacademytrust.org) and this can be asked and answered completely anonymously during the call. James' webinar will also be recorded, so if you aren't able to make it at 10:15 today, you will have an opportunity to access it at a more convenient time for you.

## FURTHER ASSISTANCE – EMPLOYEE ASSISTANCE PROGRAMME

We're also pleased to announce that as part of our new EAP, as an employee of Astrea, you will be able to access the financial and debt information service they offer, which includes:

- Financial support via a free telephone helpline, providing information and guidance on a range of issues including, but not limited to:
  - Debt
  - Investments
  - Pensions
  - Managing money
  - Negotiating with creditors
- Information, articles and resources on the online portal and mobile app
- Financial and debt assessment calculators (in partnership with the Money Advice Service and StepChange)
- Signposting to appropriate specialist long term support