



IT'S EASY TO GET INTO DEBT AND OFTEN HARDER TO GET OUT OF IT

Your **Staff** Employee Assistance Programme can help you get back on track and avoid debt in the future. Let the experts at Carefirst help you with support, including assessing your income and expenditure, prioritizing debts, working out payment plans, completing complex forms, negotiating and more.

FREE CONFIDENTIAL COUNSELLING

Support available anytime, day or night

CALL: 0808 168 2143

VISIT: [carefirst-lifestyle.co.uk](https://www.carefirst-lifestyle.co.uk)

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