

Financial Capability: Further Support and Information

Visit the websites below for information and support to improve your financial health and wellbeing.

The help and support pages on the **Lloyds Bank website** have information and tips on:

- Talking about money
- Managing your money
- Key life events and planning your next step
- Worries about money
- Protecting yourself from fraud
- Financial abuse support
- Help with gambling



The Lloyds Bank Academy

Gives free digital skills learning for any level. You can also [access the full suite of financial capability resources to continue your learning](#).

Mental wellbeing



Mental Health UK offers advice and support for those affected by mental health.

Mental Health and Money Advice for advice and support for people with mental health and money issues.

Relate provides relationship support.

Managing your money



The **Money Advice Service** offers top tips, tools and support for managing your money.

Protecting yourself from fraud



Get Safe Online gives top tips and support for staying safe online. This includes how to protect yourself and your devices against fraud.

Debt management support



Citizens Advice provides support with managing debt and sticking to a budget.

A charity that offers free, neutral and private advice to anyone that needs it.

Step Change can support you with managing debt.

A charity that offers free, private debt help and support to anyone with money.

Help with gambling



Gamble Aware provides support in relation to gambling.

A charity that helps people make informed choices about their gambling. It can also show you where to go for further help and support.

Careers support



The **Government National Careers Service** (**Careers Wales** for Wales) provides support to help you make choices on learning, training and work.

British Sign Language (BSL) Jargon Buster



Search for the **BSL Jargon Buster** online for a BSL dictionary.

Financial wellbeing means having the confidence and knowledge that you are in control of your money - you can manage your day to day living expenses as well as planning for the future and being able to cope when the unexpected happens.