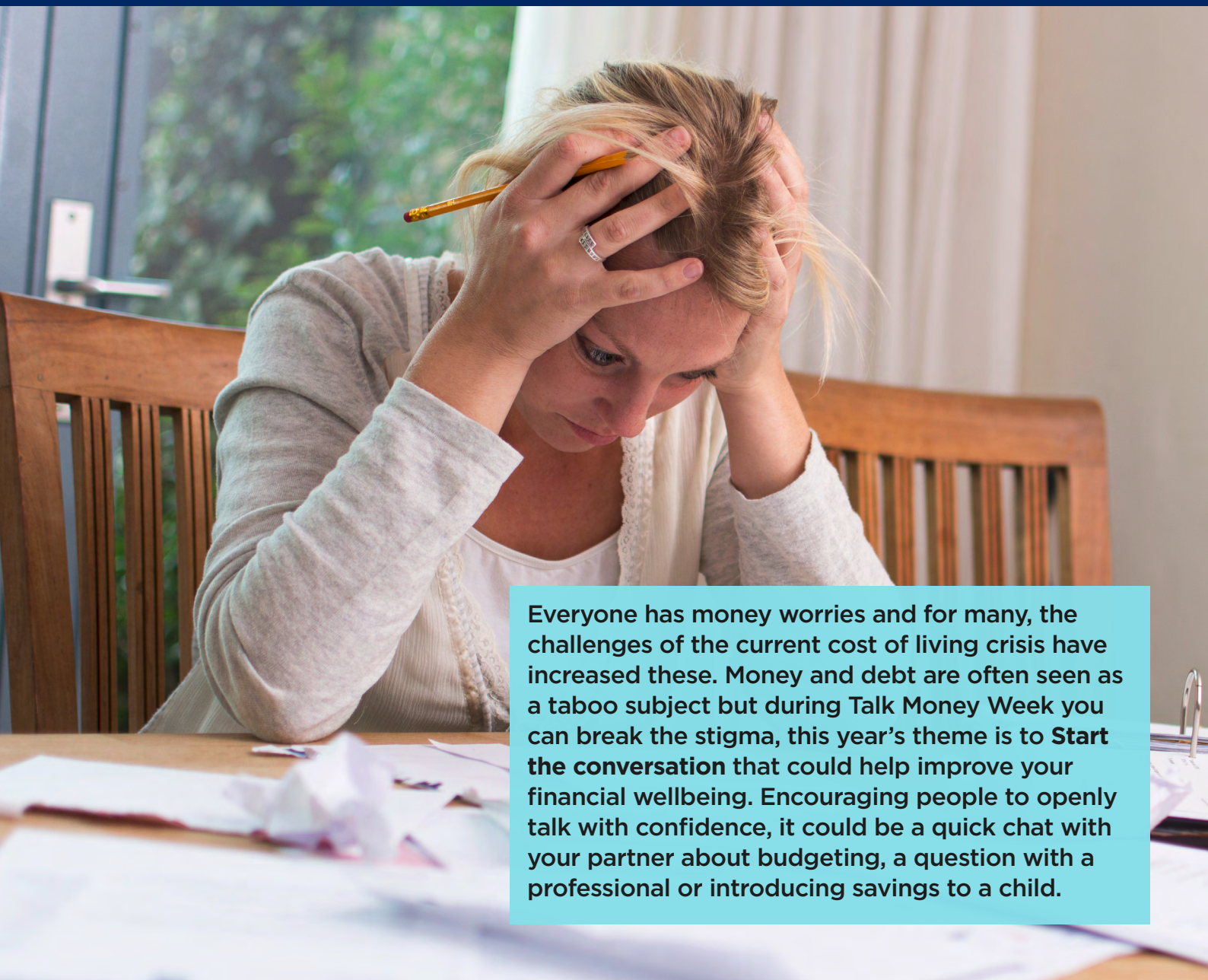


Just as you can take action to improve your physical and mental health, you can also take some simple steps to feel more in control of your financial wellbeing too.

Talking openly about money is beneficial to us all and important for our health, wealth and relationships.

For those who are going through financial troubles or have difficulty managing their own money, they will benefit from reaching out for help and advice. Even just talking about money issues could help them feel like a weight has been lifted off their shoulders. If people share their financial problems, they should find it a lot easier to deal with and manage their money.

Building money conversations into our everyday lives also helps us and others build financial confidence and resilience to face whatever the future throws at us.



Everyone has money worries and for many, the challenges of the current cost of living crisis have increased these. Money and debt are often seen as a taboo subject but during Talk Money Week you can break the stigma, this year's theme is to **Start the conversation** that could help improve your financial wellbeing. Encouraging people to openly talk with confidence, it could be a quick chat with your partner about budgeting, a question with a professional or introducing savings to a child.



If we're prepared financially, we will be able to cope when an income shock or life event occurs.

Research shows that people who talk openly about money:

- make better and less risky financial decisions
- have stronger personal relationships
- help their children form good lifetime money habits
- feel less stressed or anxious and more in control.

For more details read our Emergency Fund guide [here](#).

Worrying about money can negatively affect your mental health and for those people experiencing mental health problems it makes it harder to manage their finances. Problem debt can also be linked to suicide.

It's important to start talking about money worries before your situation gets worse. Talking about money will give you the confidence to get help and find out who can best advise you on any problems. It can give you a great sense of relief to share your problems, so you're not facing them alone. If you don't feel ready to talk to someone, write down what you are going through and share it with somebody you can trust. It's important to seek professional advice as soon as possible and not wait until it's more difficult to find a solution.

According to the Police Federation's annual Pay & Morale survey results published in 2025, 79% of respondents felt that they were 'worse off' financially than they were five years ago. Talk money week is an ideal time to review your finances and improve your financial wellbeing.



If you are worried about your finances, the following tips may help improve your financial wellbeing

Work out your budget – what money do you have coming in, what do you need to pay for and what's left for paying off debt.

Use our budget calculator [here](#) to help you manage your money.

For more details read our budgeting guide [here](#).

Set yourself a daily spend limit based on how much disposable cash you have each month.

Check your bank balance regularly so there are no nasty surprises. Consider using an app so you can see all your accounts in one place

Set up a separate bill account and transfer an amount each month to cover the cost of all your household bills.



If you're looking to make savings? Check that you're not overpaying for your utilities and other bills, where can you make savings, for more information use the link [here](#).

Look at your general insurance, switching could save you money.

Set yourself saving goals, saving little and often.

Review your mortgage - speak to your mortgage provider or adviser.

Check your credit score, using one of the various companies available online including, [Experian](#), [Equifax](#) or [TransUnion](#).

As we are now in November most of us will be starting to think about the festive period and for many people the worry of how to fund this time will be a concern.

It may seem tempting to fund the festive period on your credit card, but before you do that think about the long term effect of credit card debt. Instead of reviewing your budget in January, do it now. In that way, you will know exactly how much you have to spend this year.

For many people the struggle is after the festive period when January pay day seems a long way off and living on credit or going into debt might seem a tempting way to get through. So try to manage your finances now before the festive period starts to avoid the January blues.

Statistics published by the Bank of England estimates that a typical household spends an extra £800 in December, with many people buying gifts much earlier, in October and November, the total cost of the festive period for many families will be higher.



When writing your gift buying list, consider a couple of questions. Do the people you love really need an expensive gift? Would they be happy knowing you may have gone into debt to get their present?

Talk to your loved ones about being on a budget and that you are thinking more creatively about their gift or even agree not to buy for each other this year. For most people this relieves the burden of having to reciprocate your expensive gift and can be a relief if they are struggling with their finances too.

Panic buying can be a problem for many of us as we get closer to the festive period, thinking we haven't brought enough, so stay strong and try to stick to your list.

For more tips on how to spend less read our guide [here](#).
For more details on debt, read our debt awareness guide [here](#).



As well as gifts, the other expense during the festive period is food and drink.

But for most of us, a lot of this extra food isn't wanted and when the diets start in January, it often ends up being thrown away. So, before doing your festive food shop, think seriously about the meals you will be making and what you realistically need and then stick to this list when you are in the supermarket. Think about food from 3 perspectives, your bank balance, your health and the environment.

Police Mutual Services

Worrying about money can be extremely stressful and may lead to mental health conditions. Police Mutual are here to help. We want to break down the stigma surrounding debt and get people talking about money.

We've teamed up with **PayPlan***, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan*** on **0800 197 8433**.

Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support.

To read more of our wellbeing guides take a look at our Wellbeing Hub [here](#).

Call us 0151 242 7640 Visit policemutual.co.uk. We're open from 9am - 5pm Mon - Fri

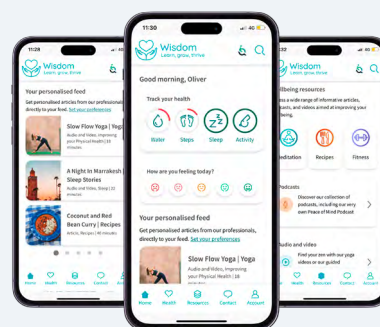
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