

Ease Your Financial Stress

Mental health problems are three times higher among people who have debt. And since the COVID-19 pandemic hit Canada, 5.5 million Canadians faced unemployment or had their hours significantly reduced. For some, this stress and uncertainty around their financial future can be challenging to confront whereas for others simply thinking about it can be debilitating. That's why we're working with Canada Life and the Credit Counselling Society to help you manage your expenses, understand the cost of your habits, and set goals for your financial future. The goal is financial wellness.

How it works

Connect with accredited counselors by phone, in person, or through online chat. Receive information and guidance to help you make informed decisions about your finances. When you have a confidential call with a counsellor you will receive the following tools to help you with your financial goals:

- A budget
- Financial advice based on their situation
- Tips to bring their budget in line with their goals
- An action plan
- Referrals to other services, if needed
- Follow-up appointments and reviews

Debt

If you need help with debt repayment and settlement, it's available for a reduced fee of \$25, paid by you. Counselors can help with any size of debt. Whether it's \$2,000 or \$200,000, no amount of debt is too low or high to get information and create a plan.

Help is a phone call away

Call 1-888-527-8999 to speak with a counselor now.

If you live in Quebec or an Atlantic province, call 1-888-753-2227.