

Financial Worries...

We're fully in the swing of summer and whilst we might be enjoying some sunshine and annual leave, there's often an increase in costs that might be causing some worry.

We get it- holidays, trips, childcare and more- it all adds up. There's no hiding away from the fact that there's more added costs for summer fun and often a pressure to keep up.

It can be stressful and it can cause some financial worries but remember that it's okay to feel this way! Just because it's summer, it doesn't mean that everything is sunshine and rainbows.

At Pebble Wellbeing, we have plenty of stress management, budgeting, and financial worry support available to help you anytime, anywhere.

P.S. Company Access Code to read our online resources is CLEVELANDWELL

Summer budgeting and money worries help:

How to sleep better when you're worried about money

Managing childcare costs over summer

Back-to-school costs are adding up for parents

Self-care on a budget

This confidential service offers a wide range of wellbeing, financial, legal, and management support, available 24 hours a day, 365 days a year.
Support available includes:
• Immediate emotional support – available 24/7/365, Structured counselling – face-to-face, secure video, or telephone sessions, Guided self-help programmes using tailored cCBT support, Legal and debt management helpline, Manager support services – including Day 1 stress intervention
Digital wellbeing portal featuring:
Live chat, Wellbeing programmes, Webinars, Exercise videos, Podcasts. Healthy recipes, Fact sheets and more
Critical incident support

Questions?
Reach out to our Pebble Team at hello@pebblewellbeing.com

For further info:
please visit www.pebblewellbeing.com

For confidential support, Pebble Wellbeing can also be contacted 24/7 on:
0808 168 0751 and 0191 607 6421.