

## 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.