

MONEY WORRIES ARE COMMON. TALKING ABOUT THEM SHOULD BE TOO.

MONEY TALKS um MONEYSUPERMARKET

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

Our top tips for talking about cash



It'll feel cringe, do it anyway

Normalise conversations about money and the cost of things, even if you're not struggling.

It'll help you and your mates to feel more comfortable chatting about it in the future.

Life's expensive at the moment, so the more comfy we can make each other when money chats come up, the better.



No money doesn't mean no fun

Being open about cash can help you to find cheaper ways to let off steam.

Instead of expensive coffees or pints out, try catching up at home, checking out a free exhibition, or taking a walk with some pre-packed snacks.

There's loads of wallet-friendly ideas on the Money Talks Hub.



You aren't defined by your bank balance

Being short on cash can make you feel low, but who you are isn't tied to what you can afford.

Your relationship with money will change and flex over time, but your worth isn't linked to your bank balance.



You don't need to struggle alone

Debt or money problems can feel isolating. If things are too much, talk to someone you trust. Sharing that you're struggling is the first step to dealing with things.

Money can have a massive impact on your mental health, but with support things can get easier.



Find free financial support

If your stresses about money are mounting up, there's support available - including debt plans, budgeting support and loads more.

Check out the Money Talks Hub for practical advice on this stuff, including great charities and organisations who specialise in financial support.

Ways to start a chat about cash

"I can't afford that right now, but how about...?"

"Money's tight at the moment and it's getting a bit much. Can I talk to you about it?"

"My debt is starting to get to me. I don't know what to do."

Head to the Money Talks hub for money and mental health support

