

Debt Warning Signs

Money

The signals that debt has become a problem, and where to get free help.

Any two or three of these together are worth acting on.

Warning signs

Borrowing to make minimum payments

Using credit for essentials

Only ever paying the minimum

Not knowing the total owed

Avoiding opening post

Missing payments

What helps

List every debt, balance and rate

Contact creditors before missing a payment

Ask about a payment plan or breathing space

Free debt charity advice

Avoid

Companies charging for debt advice

Consolidating without cutting spending

Borrowing to repay borrowing

Free advice charities exist in most countries and are usually more effective than paid debt-management firms.