

The Lexington Group Employee Assistance Program

NEWS YOU CAN USE

September 2012

Information and tips to help you live healthier and happier

Warning Signs of Financial Trouble

Financial experts warn that many Americans in financial trouble ignore, or fail to recognize, the signs of financial problems and continue to go further and further into debt and financial difficulty. Recognizing the signs of financial trouble is vital, say the experts, because financial problems, once started, tend to get worse if they are left unresolved.

Signs that you need financial assistance

Do you know the warning signs of financial trouble? See the list below:

- You are borrowing to meet regular expenses, such as food and utility bills.
- You are barely able to make the minimum required payment on bills, but continue to charge.
- You are using one form of credit, such as a credit card or a debt consolidation loan, to make payments on other debts.
- You are using 20% or more of your take-home income to pay credit card bills and personal loans (excluding mortgage payments).
- Your revolving credit cards are charged to the limit.
- You are behind on credit payments and receiving calls from creditors or collection agencies.
- You are bouncing checks.
- You have no cash reserve.



What to do

If any of the warning signs above describe your financial situation, it is important that you face up to your financial troubles. Recognizing the signs is the first step toward turning your financial situation around. If you catch your problems early, you may be able to use financial counseling or budgeting techniques to solve your problems. The most important thing is to take immediate action. If you are not sure what to do, contact your Employee Assistance Program (EAP) for confidential counseling, referrals or information. A professional EAP counselor can help you assess your situation and determine a plan of action to strengthen your financial position. If you need help, why not call a professional EAP counselor today? We're here to help you.

The Lexington Group **EMPLOYEE ASSISTANCE PROGRAM**

Caring and individualized help for personal and family concerns is only a phone call away.
For confidential services 24 hours every day, call us toll free at:

United States	1-800-676-HELP (4357)
Canada	1-800-567-4343
England	0-800-169-6706
Mexico	001-888-819-7162
Marshall Islands	1-800-676-4357
Puerto Rico	1-800-676-4357
TTY	1-800-955-8339