

What to do if you are in trouble with credit or debt

Lots of people find themselves in situations where they cannot easily pay back money they owe. The good news is there's always a way to work these things out.

Here are **three ways** to begin getting debt sorted:

1. SPEAK TO AN EXPERT

If you're not sure what to do, you can get some free, private advice to help you to come up with a plan.

You can phone the National Debt Helpline on 1800 007 007, 9:30 am to 4:30 pm, Monday to Friday. You can also find a free financial counsellor near where you live on the [MoneySmart website](#).



2. SPEAK TO THE COMPANY YOU OWE MONEY TO

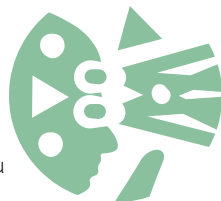
Often, credit companies will have some solutions for customers in financial stress, including payment plans, extra time to pay back the debt or even a reduction in the amount the customer owes them.



3. RESEARCH ALTERNATIVES

For people who have found it impossible to pay back the debt, there are other alternatives, such as debt arrangements and bankruptcy.

It's always important to seek independent advice before going down these paths, as they can affect how you borrow money in the future.



Remember: Lots of people manage to get out of debt and there's always help available.