

Break the debt blues

Your 5-step guide

1 Free help, for you

Start your debt-free journey at capuk.org or via **0800 328 0006**. Because one size doesn't fit all, we will always analyse your specific situation to identify the best, most effective route to freedom for your circumstances. And our locally-based teams, ensure someone is always there for you in-person. You can also contact moneyhelper.org.uk

2 Making the call

When you call our friendly New Enquiries team, their goal is to always ensure our service fits your needs and that you feel welcomed. If we have a debt centre in your area, they will then book an appointment with one of our local Debt Coaches to get you started.

3 Friendly home visits

With CAP you are not alone: over three visits, your Debt Coach and a supportive befriender will come to you to listen, gather paperwork, and explain the best solution recommended by our experts.

4 Your expert plan

Our advisors build a realistic budget that prioritises essentials like food and housing. We then handle negotiations with creditors to freeze interest and set up affordable repayments or other debt options.

5 A fresh start

Choose your route and let us handle the heavy lifting. Your budget and plan will focus on clearing your debts and helping you build the habits needed to manage your money long-term so you can build up your financial stability.

Christians Against Poverty is here to support you throughout your journey!