



# The Lexington Group, Inc.

## Your Employee Assistance Program

### Warning Signs of Financial Difficulty

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

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
- 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 listed describe your financial situation, it is important that you confront your finances. Recognizing the signs is the first step toward turning your financial situation around.

Here are some steps you can take to help get back on track:

- Adjust your budget and create an emergency fund
- Communicate with your service providers
- Determine what loan programs are offered
- Find local community resources
- Negotiate bills in collections
- Seek out a legal advocate for larger concerns
- Speak with a consumer credit counselor
- Talk with family and friends

If you are stressed and unsure how to tackle your financial situation, contact your Employee Assistance Program (EAP) for confidential counseling, resources referrals or information. A professional EAP counselor can help you assess your situation and determine a plan of action to strengthen your financial position.

Disclaimer:

The opinions and representations expressed in this newsletter are solely those of The Lexington Group, Inc. and are not intended to provide any medical or legal advice.

### How The Lexington Group Can Help

The Lexington Group can help set up confidential Online or Face-to-Face Counseling. Caring and personalized help is at your fingertips. Request service and find out additional information at: [The-Lexington-Group.com](http://The-Lexington-Group.com)

For 24/7 support call:

UNITED STATES & ENGLAND  
1-800-676-4357

CANADA  
1-800-567-4343

CAYMAN ISLANDS  
1-855-328-1185

TTY  
1-800-955-8339

