

The background of the top section is an abstract, textured image with a pattern of irregular, overlapping shapes in shades of purple, blue, green, and yellow, resembling a microscopic view of a material or a close-up of a textured surface.

**Supporting you and  
your family's health  
and wellbeing**

## We're here to help

We're independent of banks and our services are free and confidential.

### Who we support

We exist to help bank employees and their families across the UK. We do this by providing advice, information, expert support and, in some cases, financial help.

### Our approach

We partner with some of the UK's leading organisations to provide you with specialist support, and we'll work with you to find the best solution.

## Resources to help you

### Guides and action plans, articles and tools

Our resources have been designed with you in mind to help you understand more about the subject you're interested in, so you can take action to improve your wellbeing.

### Your wellbeing

Our monthly wellbeing email is packed with practical advice on staying mentally and physically healthy at home and at work. Sign up to receive yours: [bit.ly/YourWellbeingUpdate](https://bit.ly/YourWellbeingUpdate)

### The Bank Resource Centre

We've developed a resource centre for line managers to meet the needs of the banking community. Register to access our infographics, social cards, white papers and videos to share, so you can support the wellbeing of your colleagues: [bit.ly/RegisterBRC](https://bit.ly/RegisterBRC)

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**BWC have proved a very good starting point for when you feel lost and out of your depth.**

- Chris

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## Our support services



### Mental health

We can offer you support and, in some cases, counselling or other therapies to look after your mental wellbeing.



### Debt and money management

We'll work with you to help you manage your debt, find out if you're entitled to benefits or get support with budgeting.



### Financial support/Grants

We may be able to provide you with financial support with general living expenses and long-term costs such as disability aids or home adaptations.



### Legal advice

We can offer you a telephone consultation with legal experts who can advise you on most aspects of British law.



### Caring responsibilities

We'll help you find out how to access financial, legal and practical support for you and the person you care for.



### Relationships

We can provide guidance and counselling to improve your relationships, or get help if you're experiencing domestic abuse.



### Disability and long-term conditions

We can give you advice on getting the support you need to manage a disability or long-term health condition.



### Bereavement

We can help you deal with the emotional and practical aspects of losing someone close to you.

If you're not sure whether we can help, it's always worth getting in touch. Call us on **0800 0234 834** or head over to our website to use **Live Chat**.

## Get in touch

### Call our helpline

0800 0234 834

We're open 9am-5pm Monday to Friday (except bank holidays)

### Visit our website

[bwcharity.org.uk](http://bwcharity.org.uk)

### Email us

[hello@bwcharity.org.uk](mailto:hello@bwcharity.org.uk)

### Follow us



@bwcharity



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Bank Workers Charity