

# Unemployed and with a bank Loan?

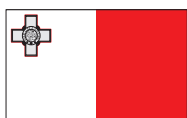
Discuss immediately with your bank  
to gain some breathing space.

- If you have a loan, set up an appointment with your bank and explain your situation
- Check which Social Security benefits you are entitled to
- Track your day-to-day spending
- Compare Your Money in with Your Money Out
- Prioritise where you want your money to go



**KNOW. PLAN. ACT.**

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