

What is financial wellbeing?

What being financially healthy looks like



Being able to manage budget properly.



Manage debts.



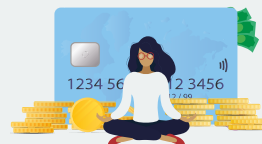
Save for the future.



Contribute to a pension.



Absorb unexpected costs.



Being free from financial stress and worry.



Having the knowledge to make informed financial decisions and understanding when and how to seek advice.

Myths and realities

MYTH

Financial wellbeing is only important for staff who earn less.

REALITY

Any member of staff could have difficulty with their financial wellbeing, including higher earners.

MYTH

Financial wellbeing isn't the employers responsibility, its down to the individual.

REALITY

It's a shared responsibility between employers and employee.

Why financial wellbeing support is important

11.8M

employees who say their financial situation affects their ability to be productive at work.

95%

who worry about their financial situation say it has a negative impact on their mental health – that's 23 million people.

2x

Twice as many UK employees worry about their financial situation every day compared to 2021 – 51% now compared to 26%.

3 in 4

71% agree that their mental health would improve if their employer gave them immediate financial wellbeing support and benefits.

14.5M

employees say they're worried about their financial situation over the next six months – half the UK workforce (49%).

51%

spend time worrying about their financial situation every day of the week – with 23% worrying multiple times a day.

38.9M

hours are being lost each week to poor financial wellbeing – costing businesses £28 billion a year.

- 1 Use our four-step financial wellbeing guide to support you to develop a robust financial wellbeing strategy for your organisation.
- 2
- 3
- 4

Download the financial wellbeing guide nhsemployers.org/financial-wellbeing-guide



NHS Employers

www.nhsemployers.org
enquiries@nhsemployers.org
[@nhsemployers](https://twitter.com/nhsemployers)