

# Financial wellbeing check-in

Navigating your financial situation following a workplace injury can be challenging. With the right support and information you can manage your finances effectively so you can put your energy and focus into your recovery. This tool will help you to assess your current financial situation and link you to resources and support services.

## How would you describe your current financial situation?

Of the three categories of financial wellbeing, which one best fits for you at the current time?

### Doing well

- I can meet my weekly expenses
- I am up-to-date with paying my debts and bills
- I can regularly save money
- I can access money for emergencies.

### Getting by

- I am only just able to meet my everyday expenses
- I find it hard to save for larger cost items
- I struggle to access funds for unexpected expenses and emergencies.

### Struggling

- I struggle to buy essential items (like groceries)
- I find it hard to pay my bills, and I fall behind on payments
- I can't access money in an emergency.

## Supports and resources

See which financial supports and resources may be helpful given your financial situation.

**Moneysmart**  
moneysmart.gov.au



**Affordable SA**  
affordablesa.com.au



**National Debt Hotline**  
1800 007 007 | ndh.org.au



**Beyond Blue Services Guide for Financial & Mental Wellbeing**  
beyondblue.org.au



**Ask Izzy**  
askizzy.org.au



**Financial Preparation Service**  
ReturnToWorkSA | rtwsa.com



Scan the QR Code to learn more about each of these financial supports & resources



If you would like to discuss which financial support services and resources are best for you, please contact ReCONNECT at ReturnToWorkSA - **8238 5959** or **reconnect@rtwsa.com**