

NEVER SUFFER IN
SILENCE

SOMEONE WILL
LISTEN

ASK
FOR HELP

THE PROCESS WAS
EASY

ONE DAY AT A TIME

IT GETS BETTER

KEEP GOING. THIS WON'T LAST
FOREVER

WORDS OF SUPPORT

BE KIND TO YOURSELF

NO SHAME IN
ASKING FOR HELP

TAKES AWAY THE
FINANCIAL WORRY

RCN FOUNDATION HELPS
UNCONDITIONALLY

A simple process which has reduced the pressure for me. It felt great being able to ring my mortgage company and pay off some arrears.

Reach out, there's no shame in asking for help. I was treated with the upmost dignity and respect.

I think it takes courage to ask for help and can feel very uncomfortable. This process was easy.

The RCN Foundation were so helpful when I had nowhere else to turn.

Don't struggle, ask for help! The RCN Foundation were brilliant and will help you or signpost you to an organisation who can help.

What words of comfort or advice would you offer to someone else experiencing financial difficulty?

A great service with an easy application process.

The RCN Foundation grant was a light at the end of a very long dark tunnel.

Keep going, don't stop. This won't last forever. Swallow your pride and ask for all the help you need. You deserve it.

I would say, do not be scared to ask for help. Do not suffer alone. There is help out there.

There is help. In a world that seems to just take, I found people that give back at a time of great need. I don't know what I would have done if it wasn't for this grant.

However difficult the situation, and if you feel there is nowhere to turn, there is always support. Whether that is emotional, financial or physical help.