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Press Release

Debt charity concerned at high rates of “recession depression”

The UK's leading debt charity, the Consumer Credit Counselling Service (CCCS), has expressed concern at the high rates of “recession depression” found in a study by Aviva UK Health. The research found that almost one in four businesses (23 percent) claim that the recession has taken a lasting toll on employee stress levels and has led to a rise in long term absence rates.

CCCS has been concerned about the link between debt and depression in the wake of the recession and is looking to create a care pathway for its online clients. During November 2009 it added two test questions to its online counselling tool *Debt Remedy* to gauge levels of demand for an online talking therapy. Of 4,000 people who took the questions:

1. Do you feel down and hopeless?
2. Do you get little or no enjoyment out of life?

eighty six percent said yes to both, while seven percent said yes to one or other. Only seven percent said no to both, giving a clear indicator of the need to tackle debt and depression issues more aggressively.

Chairman Malcolm Hurlston said: “CCCS has become increasingly aware of the emotional toll that the recession is having on people. This in turn becomes a vicious circle as the more depressed a person becomes as a result of their money worries, the harder it is for them to deal with them.

“It is a complex problem that has implications for financial institutions, health organisations, advice bodies as well as employers, who in turn have a responsibility to develop their understanding of the issue.”

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For further information, please contact:

Media enquiries:

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Notes to editors:

1. CCCS received over 335,000 calls to its helplines in 2009, a 19 per cent increase on 2008.
2. CCCS is self-funding. Unsecured lenders share with the charity the benefit they receive from its operation, making a donation from the money repaid to them through debt management plans. This allows CCCS to retain its independence and ensure that its advice is always in the best interest of the client. CCCS aims to separate the “can’t pays” from the “won’t pays”.