



Can you not make ends meet?

The municipal budget and debt counsellor can help you

Ask your budget and debt counsellor for help

If you find it difficult to manage your finances the municipal budget and debt counsellor can help you. They will give you advice on how to plan your economy and manage your debt.

You can get help with:

- planning your economy and making a budget
- to manage your debt
- to contact those you owe money
- prior to and during a debt restructuring

The budget and debt counsellor is bound by professional secrecy. The counselling is free and is adapted to your financial situation.

Budget counselling – planning your economy

Do you find it difficult to make your money last? The budget and debt counsellor gives you concrete suggestions for how you can plan to manage your finances in the long term.

In order to get an overview of your finances it is a good idea to make a budget, a plan for your income and expenses. A budget makes it easier to see what needs to change in order to make your money last longer. The counsellor helps you put the different parts together and design the budget so that it suits your prerequisites.

The budget counselling is an important part of the preparations for a potential debt counselling or debt restructuring.



Debt counselling – managing your debt

If you find it difficult to manage your debt, the budget and debt counsellor can sit down with you and see what possibilities there are to solve the situation.

The goal of the debt counselling is to find out what debt you have and find a way out of the indebtedness.

You can for example receive help with:

- calculating how much it is reasonable to pay off on your debt each month
- contacting creditors, that is the people you owe money, in order to discuss solutions.

Possible solutions could, for example, be to collect all debt with one lender or that you come to an agreement on new payment terms.



Debt restructuring – when you cannot pay

If you have very large debt you may be entitled to debt clearing. Your budget and debt counsellor will support you throughout the entire debt restructuring process.

Debt restructuring means that you pay some of your debt over a few years and when it is done you do not need to pay the rest. When the debt restructuring is finished you are free of debt. Both private individuals and entrepreneurs can be granted debt restructuring.

You apply for debt restructuring by filling out a special form from the Swedish Enforcement Authority. They accept applications and grant debt restructuring. Your budget and debt counsellor can help you fill out the application and also support you if there were to be issues during the application process or later.

How debt restructuring works

In order to be granted debt restructuring your debt need to be so large that you cannot be able to pay if off for many years. The Swedish Enforcement Authority will also take into consideration your life situation and economy when making its assessment.

If you are granted debt restructuring you will be given a five year payment plan if you are an individual or a three year plan if you are an entrepreneur. During these years you will live on a subsistence level, which means that all income you do not need for absolute necessities will be used to pay off debt. Whatever remains of the debt after these years you do not have to pay back. You are then free of debt.

Contact the budget and debt counselling

In order to get in contact with the budget and debt counselling you can phone the switchboard in your municipality. You can find contact information on the municipality's website and at hallåkonsument.se.

Ahead of the first contact with the budget and debt counselling you need to prepare by gathering information about your finances. It will then be easier for the counsellor to determine what type of help you are in need of.

Examples of information needed are:

- what your income is
- what you pay for housing
- what bills you normally get
- who you owe money and how much



The municipal budget and debt counsellor will help you make your finances balance. You will sit down together to go through your finances and look at possible solutions. The counselling is free of charge and they are bound by professional secrecy.

You can find contact information on the municipality's website and at **hallåkonsument.se**.