



Resources to Manage A Financial Transition

Managing a financial transition can have a significant impact on your budget. Finding resources to help navigate through the change and communicating with your creditors may help you reduce stress and feel in control.

Communicating with your creditors is essential to know what options are available and help you prioritize your money and expenses. Your creditors can't offer solutions to help if they don't know what is going on!

Consider how long the transition may last: do you expect it to be short-term (1-6 months) or longer? What income will you have? Do you have any assets you can tap into if needed? What are your priority expenses each month?

As you contact your creditors, document the conversation: the date, who you spoke with, their contact information, and what was agreed upon for future actions or payments.

Consider contacting GreenPath Financial Wellness for help creating a budget and determining what you can afford each month before contacting your creditors. GreenPath can also help you understand what options a creditor may offer you so you can enter those conversations confidently.

877-337-3399



Community Resources to Help During a Financial Transition

1. **Salvation Army**
www.salvationarmyusa.org
2. **Community Action Agency**
www.communityactionpartnership.com/find-a-cap
3. **Veteran Affairs**
www.va.gov
4. **Medical Insurance**
www.healthcare.gov
5. **United Way, 211 Referral Hotline**
www.211.org
6. **Consumer Financial Protection Bureau**
www.consumerfinance.gov
7. **USA.gov Financial Hardship**
www.usa.gov/financial-hardship
8. **Childcare Hardship**
childcare.gov/consumer-education/financial-assistance-for-families



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Mortgage Company or Landlord – What programs may be available to delay or reduce payments?

Cell phone company – Can you cancel extra services?

Gas/electric – Do they offer any special program to reduce costs and avoid shut off?

Car loan – Can you use an extension if it is a short-term transition or restructure the loan if it is long-term?

Student loan – Can you enter a forbearance or other plan to reduce or delay payments?

Car insurance – Can you shop around for cheaper rates?

Revolving credit accounts – Can you enter a hardship program to reduce payments and avoid fees?



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