Mortgage worries: support and next steps

If mortgage concerns are affecting your wellbeing, practical and confidential support is available.



Employee Assistance Programme (EAP)

Free, confidential support for you and your family. If mortgage worries affect your wellbeing, EAP can guide you to relevant support.



MoneyHelper mortgage calculators

Estimate monthly repayments, test interest-rate changes and see how much you might be able to borrow.



Help with mortgage payments

See practical steps and government support that may be available if you are struggling to keep up with payments.



MoneyHelper mortgage guidance

Explore impartial guidance on buying, remortgaging, interest rates and managing your mortgage.



Your Mortgage, Your Future panel

Watch one of our previous panels “Your Mortgage, Your Future” to revisit practical guidance on mortgage choices.



Book a 121

Follow the link to book a 121 appointment with a member of our Money Matters team.



WORLD MENTAL HEALTH DAY

Unilever | Let's check in

Mortgage worries can weigh on your wellbeing

If concerns about your mortgage are affecting your sleep, mood or focus, the Employee Assistance Programme (EAP) offers free, confidential support and can direct you to relevant specialist help.

Open the EAP support page →

Find practical tools, wellbeing resources and support services on **the new UK&I Health & Wellbeing Hub**. **Line Manager Mental Health & Occupational Health training is now open** on Workday Learning