

# More than a third in debt would rather be dead

**SHOCK new statistics from a leading charity show the level of desperation suffered by people with spiralling debts.**

In questioning more than a thousand clients, UK-wide debt counselling charity Christians Against Poverty (CAP) found that 33 per cent had seriously considered suicide with a further five per cent having already attempted to kill themselves as a way out.

Figures show 1,666 people are being made redundant each day and a home is repossessed on average every 14 minutes. People in the UK now owe more than the country produces in a whole year.

Yet CAP says that issues like being in debt and losing your home still remain hard to talk about so feelings of isolation increase the suicide risk.

Now, in marking world suicide prevention day, on Friday, September 10, the charity is appealing for people to look out for the signs of those struggling financially.

Chief Executive Matt Barlow said: "Typically, those desperate with debt will be hard to reach, avoiding the phone, leaving post unopened and afraid to open the door.

"They may have got into debt through job loss, poor health, funeral expenses, relationship breakdown or financial mismanagement.

"The good news is that we really have seen it all before and where there seems no way out, there is a way out. In our recent survey, 92 per cent of clients described our service as life-transforming or of great help to them. We want people to know that situations can and do change. We see it happen every day."

CAP has 131 church-based centres spread across the UK backed by financial experts at the head office in Bradford. Between them they offer a unique service of long term local care, budgeting advice and a variety of professional solutions including insolvency.

The World Health Organization (WHO) estimates that about one million people die by suicide every year; this represents a "global" mortality rate of 16 per 100,000, or one death every 40 seconds. Suicide rates in many developing countries have been steadily rising in recent years.

- For free help with debt contact CAP on 0800 328 0006

**Ends**

**Notes to editors:**

**Today's Scottish Sun ran this with Jamie's story. We have plenty others...**

<http://www.thescottishsun.co.uk/scotsol/homepage/scotlandfeatures/3129054/Mentold-Its-good-to-talk-on-World-Suicide-Prevention-Day.html>

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**Further information**

[About Christians Against Poverty](#)

CAP aims to show God's love in action by providing sustainable poverty relief through debt counselling, advice and practical help. CAP's unique 'hands on' approach empowers people

to help themselves out of poverty and be released from the fear, oppression and worry generated by overwhelming debts. Vital financial and budgeting life skills are developed through our services, thus ensuring poverty relief is sustainable.

The charity operates through a growing network of centres based around the UK, all opened in partnership with a local church. Over the last fourteen years, the charity has grown from one man working from his home with a donation of £10, to a national charity with 131 centres across the country. At any one time the charity is handling more than £60m of clients' debt. CAP's vision is to answer the national problem of debt in the UK by having at least one CAP centre operating in every major town and city by the end of 2014.