



### What is Breathing Space?

**Breathing Space** is a government scheme which is designed to give you time to receive debt advice and find a solution to resolve your debt problems.

**Standard Breathing Space** is where most creditors will have to stop collection and enforcement of your debts. They'll also have to freeze interest and charges on any eligible debts.

### What happens when you apply for standard Breathing Space?

Once you're in Breathing Space, all creditors who have been included will be told and they must stop any collection or enforcement activity. **However, it's really important to try and continue to pay your 'ongoing liabilities.'**

Breathing Space will last for 60 days as long as you remain eligible. Once the Breathing Space ends, creditors will be able to collect the debt in the usual way.

### Once you've had standard Breathing Space, you won't be able to have another one for 12 months.

After the 60 days Breathing Space, creditors will be able to start collecting the debt in the usual way.

### Which debts can be included in Breathing Space?

Most types of debt can be included in Breathing Space, and you're not allowed to leave any eligible debts out of your application..

#### Priority debts

Examples include:

- Rent arrears
- Mortgage arrears
- Gas and electricity arrears
- Water arrears
- Council tax arrears

#### Non-priority debts

Examples of debts you can include are:

- Mobile phone arrears
- Credit cards and store cards
- Bank overdrafts and bank loans
- Loans to finance companies
- Catalogues





## Which debts can't be included in Breathing Space?

Some debts cannot be included in Breathing Space.

These include:

- Magistrates' court fines
- Child support agency
- Payments and arrears
- Student loans
- Budgeting loans and crisis loans
- Universal Credit advances
- Fraudulent debts

## How to apply for the Breathing Space scheme

To apply for the 'Breathing Space' scheme, you need to talk to a debt adviser. They'll submit an application on your behalf if it's the right thing to do.

If you want more information about Breathing Space, please contact the Money Advice Team on **0345 60 20 540** or you can visit the Gov.uk website for more information:

**[www.gov.uk/options-for-dealing-with-your-debts/breathing-space](http://www.gov.uk/options-for-dealing-with-your-debts/breathing-space)**

**You'll be expected to pay your ongoing payments to these debts, and any arrears you may have.**

