



Money and mental health: support and advice

ONLINE INFORMATION AND GUIDANCE

Resource	What can they help with?	Website link
Turn2Us	<ul style="list-style-type: none"> • Free benefits calculator – check your benefits entitlement • Free search tool for relevant grants • Information about utility and water bill help 	Fighting UK Poverty - Turn2us
MoneyHelper	General advice and guidance around money for individuals from the Money and Pensions Service (MAPS).	Free and impartial help with money, backed by the government MoneyHelper
MoneySavingExpert	Information and guidance around money for individuals, including <ul style="list-style-type: none"> • Household bills • How to save money • Comparing financial products, like credit cards or bank accounts 	Money Saving Expert: Energy Help, Credit Cards, Flight Delays, Shopping and more
Rethink Mental Illness	Dedicated page from Rethink Mental Illness on money and mental health, signposts individuals to our dedicated Mental Health & Money Advice website	Rethink Mental Illness: Money, benefits and mental health advice, information and support
Mental Health and Money Advice	Help with understanding, managing and improving mental health and money issues. Mental Health and Money Advice also runs a referral-only advice service offering practical advice and support for people experiencing issues with mental health and money.	Main site: Mental Health and Money Advice Cost of Living Hub
Mind	Mind is a national mental health charity that provides mental health services along with a wide range of online advice and information.	Money and mental health - Mind

FIND ONE-TO-ONE ADVICE

Resource	What can they help with?	Contact details
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MoneyHelper advice finder	Tool to find free local debt advice for individuals* *Use this tool and avoid a Google search which may return paid-for or unregulated services and providers	Debt Advice Locator Syndication MoneyHelper
Citizens' Advice	Citizens' Advice offers free benefits and debt advice. Some local bureaux may also offer advice on other issues such as immigration.	National advice line (England): 0800 144 8848 Contact us - Citizens Advice
National Debtline	Free telephone debt advice for individuals. National Debtline also provides factsheets on a range of debt- and money-related topics.	Freephone: 0808 808 4000 Debt advice Free debt advice National Debtline National Debtline
Business Debtline	Free telephone debt advice for businesses, including sole traders.	Freephone: 0800 197 6026 Business debt advice Free debt help Business Debtline Business Debtline

RESOURCES FOR MENTAL HEALTH OR MONEY ADVICE PROFESSIONALS

Resource	What can they help with?	Contact details
Rethink Mental Illness: Mental Health Crisis Breathing Space	Information about the mental health crisis breathing space, including how to contact Mental Health and Money Advice about how the scheme has worked for you or the people you work with.	Mental Health Breathing Space (rethink.org)

MORE ABOUT THE ORGANISATIONS COVERED IN THE WEBINAR

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The Log Cabin	The Log Cabin provides support to children with disabilities and additional needs, and their families. They provide a space for children to socialise and grow, and also offer a counselling service. It is based in the London Borough of Ealing.	The Logcabin Charity Contact number:020 8840 3400
Mums on a Mission	Mums on a Mission is an organisation set up by mothers to support families facing different forms of poverty. They run services in London and Halifax, including exercise classes, outreach, and peer mentoring	Home Mums on a mission