



Money and mental health: support and advice available in North West London

ONLINE INFORMATION AND GUIDANCE

Resource	What can they help with?	Website link
Good Thinking	Digital Well-Being resources for Londoners.	Good Thinking
Londons Life Lines	A group of London-based organisations, charities and networks who've come together to form the London Volunteering Strategy Group (LVSG). Aims to show the scale and scope of volunteering in London	Londons Life Lines
London Plus	List of organisations, to signpost and match support for those affected by the rising cost of living.	London Plus
Thrive London	Thrive London is a citywide public mental health partnership to ensure Londoners have an equal opportunity for good mental health and well-being. See toolkit and resources.	Thrive London
Money and Mental Health Policy Institute	We're working for a world in which the vicious cycle of money and mental health problems is broken, so that we all have an equal chance of financial security, regardless of our mental health; and everyone's mental health can flourish, regardless of their financial circumstances.	Money and Mental Health Policy and Institute
YGam	Our social purpose is to inform, educate, safeguard young people against gaming and gambling harms. Our vision and strategy are guided by and contribute to the Gambling Commission's National Strategy to Reduce Gambling Related Harms.	YGam

FIND ONE-TO-ONE ADVICE

Resource	What can they help with?	Contact details
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



Debt Free Advice	Find your local debt advice centre in London,	<u>Welcome to Debt Free Advice</u>
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RESOURCES FOR PROFESSIONALS

Resource	What can they help with?	Contact details
Rethink Mental Illness: suicide awareness training	Free Suicide Awareness Training for people who live or work in North West London (Rethink Mental Illness and North West London ICB)	Email <u>training@rethink.org</u> or tel: 0333 2225878