



Cost of living



**Managing your money -  
wellbeing tips, advice & support**



**Hampshire and Isle of Wight**

# Money and your mental health

With the rising cost of energy bills, food costs and tax increases - many of us will be facing extra pressures, which can lead to stress and worry affecting our mental health and wellbeing. Support is available to help you.



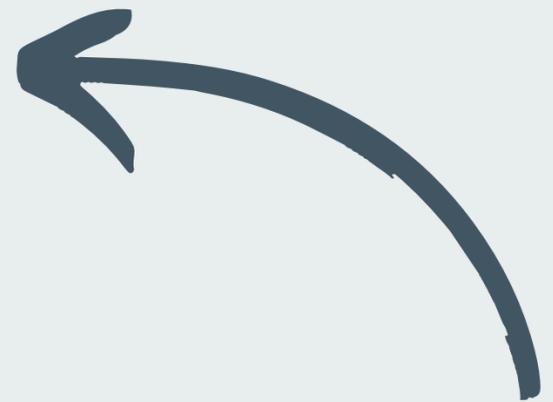
## Employment Assistance Programme (EAP)

Your workplace may offer a free, independent service to help you with a range of health and wellbeing issues.

People working in GP practices can access Health Assured and many Trusts also offer this service. You can get help with:

- **Modern living** - financial and legal advice, work-life balance, buying and selling a house, caring for pets and consumer tips.
- **Your career** - training, interview advice, tips on how to work smarter and even working abroad.
- **Families** - parenting and child care, adoption, advice around ageing, adults with disabilities and home care for older relatives.
- **Your personal life** - families and relationships, grief and loss, stress, mental health support and problems with addiction.
- **Your health** - healthy living advice for you and your family's health.

Poor mental health means managing money is harder



Worrying about money makes my mental health worse





# Where to go for financial support

## Money worries

Connect to Support Hampshire can provide information and advice to help with emergency food, fuel hardship, free school meals, housing advice, furniture, debt and money, tax and short term grants. [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

## Citizens Advice

Get help and advice on budgeting, mortgage problems, rent arrears, debt, banking and pensions. Visit Citizens Advice website for more resources and find your local branch: [www.citizensadvice.org.uk/debt-and-money](http://www.citizensadvice.org.uk/debt-and-money)

## Food Banks in Hampshire

If you can't afford to buy enough food, you may be able to get some short term help from your local Food Bank. Find your local Food Bank and community pantry here: [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

## Money Helper

Free and impartial advice is available via the Government's Money Helper website. Get support with benefits, family & care, savings, work and money troubles. Visit: [www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

## Money and debt advice

Southampton City Council has a list of a range of local charities and support services to help people with debt, welfare benefits and support for migrants from European countries. [www.southampton.gov.uk/benefits-welfare/money-advice/useful-contacts](http://www.southampton.gov.uk/benefits-welfare/money-advice/useful-contacts)

## Money and mental health

National charity Mind offers advice on organising your finances, claiming benefits when you have a mental health problem, dealing with services, and looking after your mental health when you're worried about money. [www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/](http://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/)

# Where to go for wellbeing support

The pandemic and the rising cost of living have left lots of people with new money worries and extra pressures. There's lots of support available to NHS colleagues in Hampshire and the Isle of Wight to ensure you can stay healthy and well.

Visit the People Portal today:

- Get help for a range of issues such as anxiety, stress, sleep, diet, back or neck pain
- No need to log in to your work's intranet – available on your mobile or desktop
- Easy access to ongoing support with links to national and local services
- Local wellbeing experts from the Health & Wellbeing Support Service are on hand to advise: self-refer online here:



[www.hiowpeople.nhs.uk/ccs/hiow](http://www.hiowpeople.nhs.uk/ccs/hiow)



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