

Supporting employee wellbeing in the cost of living crisis

TALKING THERAPIES NHS

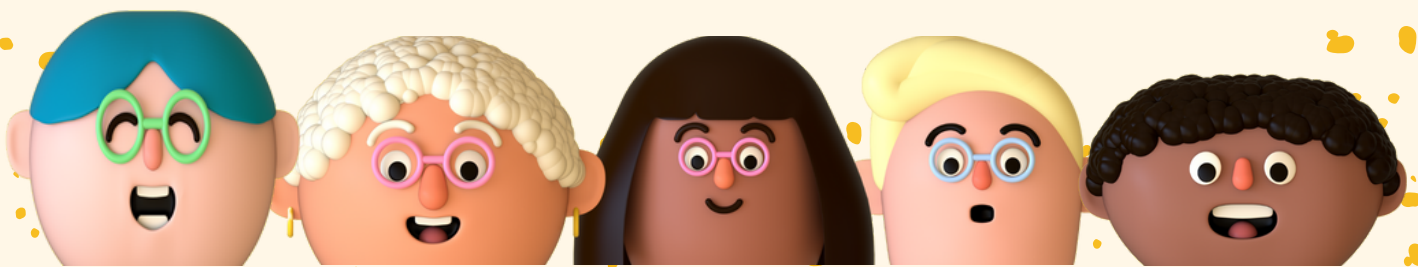
You can access talking therapies for free on the NHS. You can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you. Help is available in person, by video, over the phone or as an online course. Talking therapies can help with common mental health problems like stress, anxiety and depression. Contact your local NHS psychological therapies (IAPT) service online.

NHS EVERY MIND MATTERS

Access this website to get a personalised action plan with tips to help you be kind to your mind. It has expert advice and practical tips to help you look after your mental wellbeing as part of your daily routine, the website providing advice on coping with money worries and job uncertainties.

PRACTICAL MONEY SKILLS

This website has a range of resources to improve financial literacy. This includes a practical money skills workbook, guides to credit cards, debit cards and credit history, as well as practical ways to improve your credit score.



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Mental health and money

Mental health and money has clear, practical advice and support for people experiencing issues with mental health and money. It also has a savings, budget and debt calculator to use and offer tips on how to reach your goals, and a free mental health and money toolkit.

Mind

Mind has free resources to improve mental wellbeing, wellbeing booklets, action plans and links to local community support.

Moneyhelper

MoneyHelper has advice on managing your money in uncertain times, dealing with debt. You can get free support and impartial help from a worker through an online chat or a phone call free to call.

National Debtline

The National Debtline Cost of living hub has advice on paying less for your living costs, and has information on extra help that might be available. They also offer advice on dealing with high gas and electric bills and other organisations that can help.

