

Money advice and mental health organisations have worked together to develop a list of the sources of support that they have found to be most helpful for people seeking advice:

Money and debt

- **Change Mental Health’s Mental Health and Money Advice Service:** provides free advice, support, advocacy and representation for people affected by mental health and money issues. Call Change Mental Health’s Information and Support Line on 0300 323 1545 Monday to Friday 9:00am - 4:30pm or email info@changemh.org to be directed to the Mental Health Money Advice Service or visit www.mentalhealthandmoneyadvice.org
- **Mental Health And Money Advice Toolkit:** A resource to help people understand, manage and improve their mental and financial health www.mhma.org.uk/toolkit
- **Money Advice Scotland:** Their digital helpline provides free and confidential help to anyone with money worries. Their team is available Monday – Thursday 8:30am to 8pm and Friday 8:30am to 5pm via webchat, WhatsApp, Messenger, and email. Visit www.moneyadvicescotland.org.uk/help-for-people-with-money-worries to start a chat.
- **Money Guiders Programme:** A programme for anyone who provides any type of nonregulated money guidance to individuals or groups, such as community workers, volunteers, mental health workers www.maps.org.uk/money-guiders/
- **Money Talk Team:** Citizens Advice Scotland provides free money and debt advice for anyone living in Scotland. Contact them at www.moneytalkteam.org.uk/talk-with-us or call your local Citizens Advice Bureau on 0800 028 1456.
- **Scottish Government Cost of Living Portal:** Provides information on help and resources available in Scotland during the cost-of-living crisis - www.gov.scot/costofliving

Mental health and wellbeing

- **Mind to Mind:** If you're feeling anxious, stressed, or low, find out how you can improve your mental wellbeing by hearing what others have found helpful by visiting www.nhsinform.scot/mind-to-mind
- **NHS Inform:** For practical advice on coping with money worries, visit www.nhsinform.scot/healthy-living/mental-wellbeing/stress/coping-with-money-worries
- **Supporting a Mentally Healthy Workplace:** online platform to help employers promote and support good mental health at work - visit www.healthyworkinglives.scot/mentalhealth
- **The Cost of Living and Your Mental Health:** for guidance on supporting your mental health during the cost crisis, visit: www.mentalhealth.org.uk/explore-mental-health/blogs/cost-of-living-and-your-mental-health
- **Time for You:** Online mental health and wellbeing support. Self referral for those over 16 living in Scotland. www.samh.org.uk/about-us/our-work/time-for-you
- **Qwell:** Free and anonymous online support www.qwell.io/samh
- **SAMH Info Service:** A phone line and email address for any questions about mental health www.samh.org.uk/information-service

For anyone experiencing mental health crisis, key sources of emergency support on mental health are:

- **GPs** can advise and guide people with mental health and wellbeing concerns about treatment and management of symptoms. Out of GP opening hours, telephone advice and support are available from **NHS 24 via the Mental Health Hub** on short code 111, and is open 24/7
- **Breathing Space** offers free and confidential advice for people experiencing low mood, depression or anxiety, whatever the cause. They can be contacted on 0800 83 85 87, 6 pm to 2 am Monday to Thursday; and 6 pm Friday throughout the weekend to 6 am Monday. Calls to Breathing Space are free from landlines and from mobile networks. You can also access www.breathingspace.scot which provides a wide range of information and advice about coping with low mood, depression and anxiety.
- **Samaritans** provide confidential non-judgemental emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair. You can contact Samaritans free on 116 123. You can also find more information about Samaritans at www.samaritans.org