

Quick tips on money and mental health



Understand your behaviour

Think about when you spend money and why. What aspects of money make your mental health worse? Is it talking to people, opening envelopes, confrontation or is it something else? Keeping a diary of your spending could help you work out any triggers or problems.

Get organised

Choose a regular time to look at your money and bills each week so that things don't pile up. Put all important records and documents (for example, payslips, bank statements, bills and receipts) in one place, so that you can find them easily.

Look after yourself

Managing your wellbeing by eating healthily and getting enough sleep and exercise can help you feel more in control. This can prevent money problems from getting worse.

Spend a lot when you're unwell?

Try giving your cards to someone else or putting them somewhere difficult to access. Make it harder to spend online by not saving your details into websites. Do something else that makes you feel good such as going for a walk or calling a friend.

Anxious when opening bills?

Ask someone you trust to open your letters for you and let you know if any of them are important.

Talk things through

Sharing your worries and talking things through can be a relief but it isn't always easy. It can sometimes help to make notes first or even write everything in a letter.

Take professional advice

Sometimes getting professional advice can be a real relief. Our Infoline may be able to help you work out who to talk to.

For more information visit mind.org.uk/money

Mind Infoline: 0300 123 3393 or text: 86463



Be at the
heart of
our work

Become a member and you'll join a growing group of people who play a part in everything we do – and who are determined to make sure that no-one faces a mental health problem alone. Find out more about our membership at www.mind.org.uk/membership/flyer.

To contact Mind's membership team:

t: 0300 999 6367

e: membership@mind.org.uk

For more leaflets and booklets:

t: 0844 448 4448

w: mind.org.uk/shop

