

# Financial Stress & Mental Health



Presented by Steve Heath, Co-founder,  
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# Steve Heath

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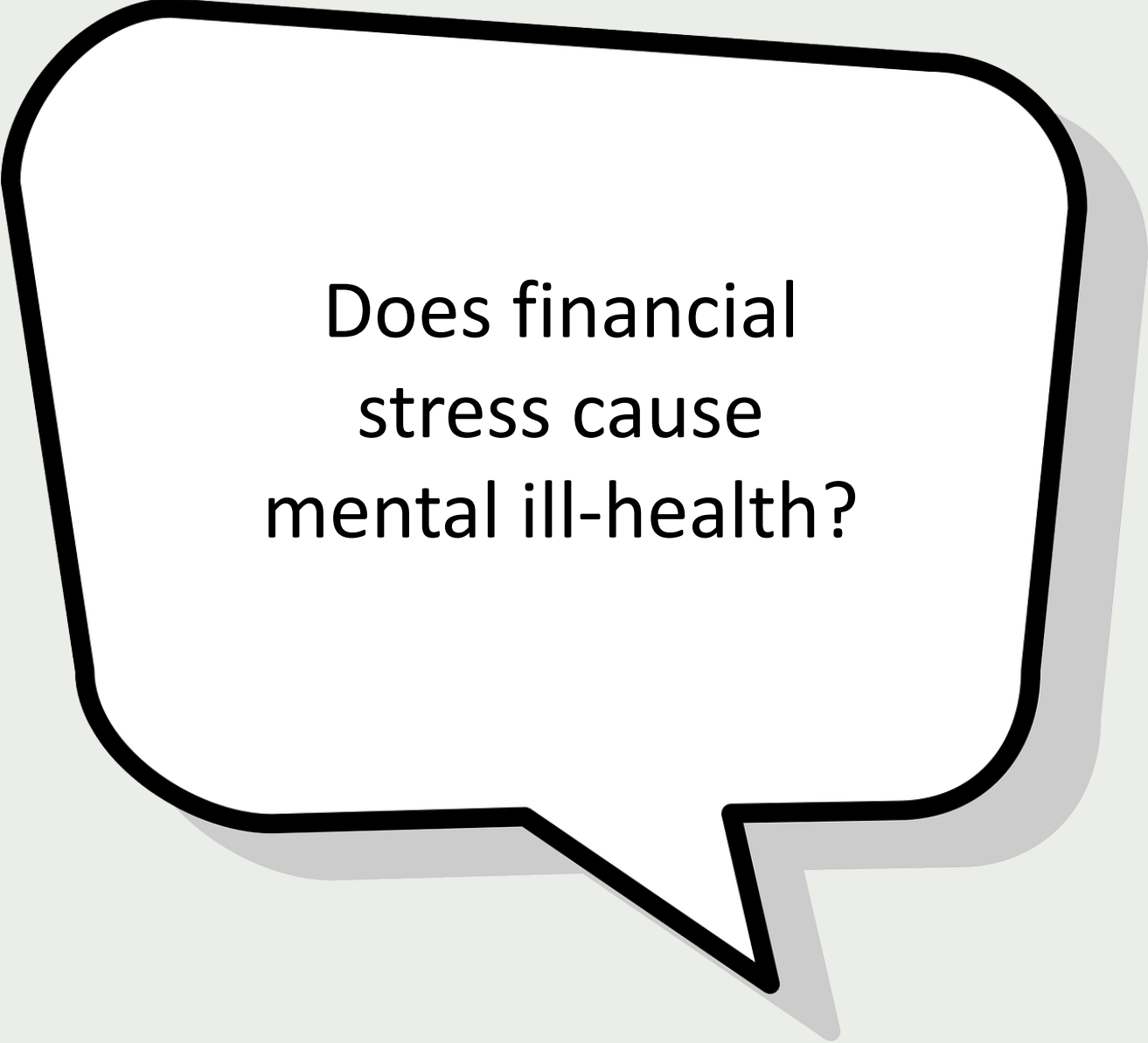
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# Session Objectives

By the end of the session you will be able to:

- Identify the impact of financial stress.
- Understand the relationship between financial stress and health.
- Feel empowered to take control of their financial stress.
- Develop some practical tools to help them combat financial stress.

A white speech bubble with a thick black outline and a grey drop shadow, containing the text "Does financial stress cause mental ill-health?".

Does financial  
stress cause  
mental ill-health?

A survey of 3000 adults aged 18 and over, conducted between 7<sup>th</sup> to 14<sup>th</sup> November 2022, found that:

29% of adults experienced stress.

34% experienced anxiety.

10% said they felt hopeless, because of financial worries during the previous month.

When thinking about the next few months, UK adults are most concerned about:

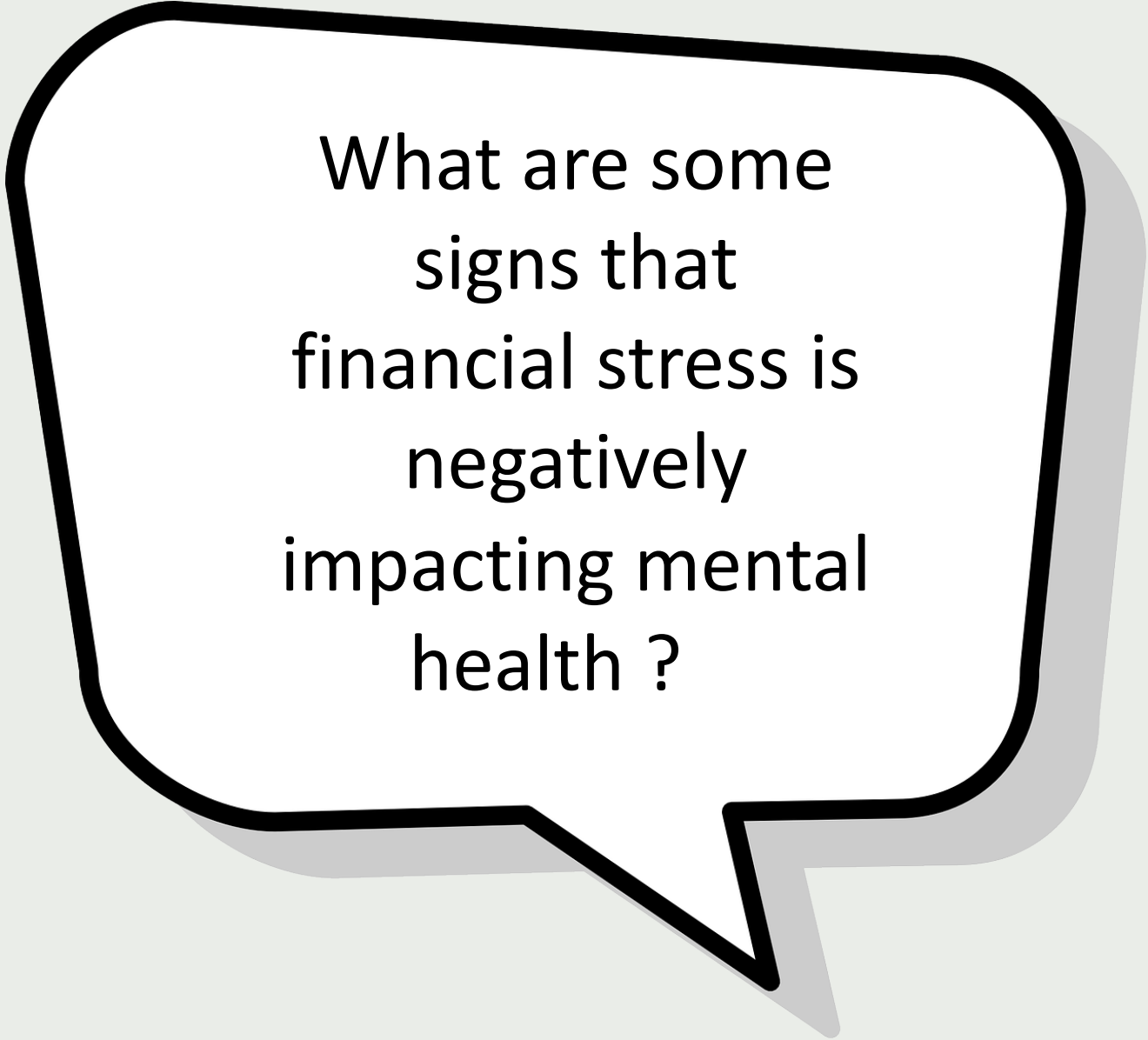
Not being able to maintain their standard of living (71%).

Heat their home (66%).

Pay general monthly household bills (61%).

Half (50%) of UK adults were at least a little worried about being able to afford food over the next few months, rising to 67% of younger adults aged 18 to 34.



A white speech bubble with a thick black outline and a light gray drop shadow, pointing downwards and to the right. The text inside is centered and reads: "What are some signs that financial stress is negatively impacting mental health ?"

What are some  
signs that  
financial stress is  
negatively  
impacting mental  
health ?



# Signs that money / financial stress is affecting mental health

- Persistent feelings of anxiety or low mood.
- Certain situations might trigger feelings of anxiety and panic (Birthdays / Christmas).
- Worrying about money can lead to sleep problems.
- Money problems can be a barrier to connection with loved ones.
- Feeling like you cannot afford to do the things you enjoy.
- Loneliness and isolation.





Stress

Pressure

Shame

Worn Down

Fear

Struggle

Guilt

Financial Abuse





# 1

## Talk to someone

- Open up to your family.
- Let them express their concerns.
- Make time for (inexpensive) family fun.

# 2

## Take Inventory

- Include every source of income.
- Keep track of ALL spending.
- List your debts.
- Identify spending patterns / triggers.
- Make small changes.
- Stop impulse buying.
- Go easy on yourself.

# 3

## Make a Financial Plan

- Identify your financial problems.
- Devise a solution.
- Put your plan into action.
- Monitor your progress.
- Don't get derailed by setbacks.

# 4

## Create a Budget

- Include everyday expenses.
- Pay bills monthly.
- Factor in unexpected expenses.
- Set up automatic payments.
- Prioritize your spending.
- Keep looking for ways to save.
- Enlist support.

# 5

## Manage Stress

- Get moving.
- Practice relaxation.
- Don't skimp on sleep.
- Boost your self-esteem.
- Eat healthy food.
- Be grateful for the good things in your life.

# Getting Professional Advice

- [Mind](#) - The charity Mind has a money and mental health section on its website, which includes advice on how to manage debt.
- [Mental Health & Money Advice](#) - Information and advice for anyone struggling with money because of mental illness, or whose financial situation is affecting their mental health.
- [Citizens Advice](#) - A good place to get information about benefits, how to deal with debt, what you're entitled to if you're made redundant and who to speak to if you're at risk of losing your home.
- [GOV.CO.UK](#) - Information about redundancy and dismissals, benefits and managing debt.
- [Money Advice Service](#) - Free, impartial help for all your money and pension choices. Whatever your circumstances or plans.
- [National Debt line](#) - Find out if you can pay less for your living costs and to learn about any extra help that might be available.
- [Stepchange](#) – Free debt help and advice.



# When should You get medical help?

See a GP if you're still feeling worried, anxious or low after a few weeks. If you think it will help, the GP can advise you about talking therapy services in your area. You can also refer yourself directly to an NHS talking therapies service – see at **NHS Choices**.

For 24-hour support you can also call the **Samaritans** on **116 123** or text **SHOUT** to **85258**.

Seek help immediately if you cannot cope, if life is becoming very difficult or if you feel it is not worth living. **If you are worried that you or someone else is in immediate danger, call 999 – you can ask to stay on the line while you wait for help to arrive.**



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