

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Financial / Poverty: parents and carers

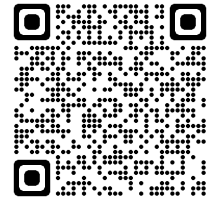
It's no secret that the UK cost of living crisis is hitting people hard right now. Families are **struggling to cope** with money worries, and this can have a **big** effect on everyone's mental health including young people.

They may be struggling with:

- Poor mental health due to their own money issues
- Watching their family struggle with money issues
- Debt problems/being chased for payments
- Bills being paid on time
- Self-worth
- Not having as much money as other people i.e. friends
- Working long hours to get by
- Sleep/appetite problems due to anxiety

What can I do to help the young person?

- **Be gentle** with them- they may be feeling embarrassed if they are financially struggling or may be worried about your family's financial situation. Let them know that you're there to emotionally support them.
- Have open, honest conversations. Money should not be a taboo issue, and although it's natural to want to shield young people, they'll appreciate being able to voice concerns to you.
- If you're in debt, contact a **free and compassionate** debt charity for advice, such as Stepchange in the resource section. Seeing you receive professional support (and its positive effects) can be a **big relief** to the young person.
- Visit your local Citizen's Advice branch to see what advice they can give. They will be able to advise and signpost you to specific agencies dealing with rent, housing, food vouchers, budgeting etc.
- **Encourage** the young person to talk to their school or community Eye to Eye counsellor about **how they're feeling** to relieve some of the worry and stress.
- Look after **your own** self-care as well as promoting theirs. Seeing you become more relaxed will make the young person become more relaxed too.



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:
01443 202940
Email: info@eyetoeye.wales

Childline
0800 11 11
www.childline.org.uk (online chat)

The Mix
0808 808 4994
www.themix.org.uk (online chat)

Helpful Resources

[Young Minds: Money and Mental Health](#)

[Mind: Money and Mental Health](#)

[The Mix: Money Management](#)

[StepChange: Debt Charity](#)

[Money Helper: Cost of living](#)



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