

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Financial / Poverty:

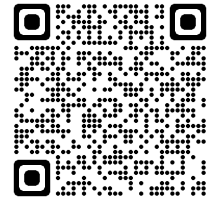
It's no secret that the UK cost of living crisis is hitting people hard right now. People are **struggling to cope** with money worries, and this can have a **big** effect on their mental health.

You may be struggling with:

- Poor mental health due to your own money issues
- Watching a partner/family member struggle with money issues
- Debt problems
- Whether your bills will be paid on time or not
- Self-worth about at being unemployed or on benefits
- Not having as much money as other people i.e. friends
- Working long hours/multiple jobs to earn enough to get by
- Losing sleep or appetite due to worrying so much

What can I do?

- **Be gentle** with yourself- it might feel embarrassing or like you're the only one going through it, but there are thousands of others feeling the **same way** as you. You're not alone.
- If you're already in debt, contact a **free** debt charity for advice, such as Stepchange in the resource section. They are very understanding and have various ways of **reducing the pressure** you or your family are going through.
- 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.
- Watching a family member struggle can make you feel helpless. You may not be able to **do something**, but you can always **say something** to help- *for example "I know you're struggling right now, but you're doing a great job as a mam/dad/partner."*
- **Talk** to your school or community Eye to Eye counsellor about **how you're feeling**. It can really help to take away some of the worry and stress.
- Make some time for **self-care**. This doesn't have to be something expensive- it can be simply surrounding yourself with good people, doing a hobby you enjoy, being out in nature- anything that makes you **feel good** and gives your brain a break.



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](#)

[ChildLine: Money Problems](#)

[The Mix: Money Management](#)

[StepChange: Debt Charity](#)

[Money Helper: Cost of living](#)



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