



Mental Health & Money Advice

Clear, practical advice
and support for people
affected by mental
health and money
problems

Visit mhma.org.uk today.





Mental Health & Money Advice

We are the first UK-wide advice service dedicated to supporting people affected by both mental health and money issues including support for carers, friends and families.

Visit mhma.org.uk to find out how we can support you.

The Mental Health & Money Advice service includes:



Dedicated website with easy to understand, expert information on mental health, welfare rights and money issues.



Useful online resources, such as sample letters to help with benefit claims and negotiations and budgeting tools.



Handy hints and tips from people with direct experience of managing mental health and money problems.



Telephone support (via referral only) across the UK.