

The Mental Health and Money Advice (MHMA) service helps people better understand and manage their financial and mental wellbeing.

What is Mental Health and Money Advice?

[Mental health and money advice](#) offers both one to one support and a free website which provides impartial and straightforward information, support, and advice for anyone affected by mental health and money issues.

In the UK, it is estimated that 50% of people in debt also experience a mental health problem. And one in five people experiencing a mental health problem also experiences money issues.

Mental Health and Money Advice were set up in 2017 to help people better understand, manage, and improve their financial and mental health.



The support we offer

We offer one to one support for clients, by referral. This support consists of both specialist money advisers and benefit advisers, who are experienced in supporting

clients with differing mental health needs. We support clients with a whole range of mental health problems including severe mental illness.

What can clients expect?

Clients can expect a named caseworker, who seeks to improve the clients financial and mental wellbeing.

The client does not need a formal diagnosis but needs to have their mental wellbeing being affected by their finances or vice versa.

How can I refer into the service?

MHMA is referral only, with an easy-to-use portal to refer clients in to book an appointment with an adviser.

For self-help, clients can be signposted to the [website](#) which has a wealth of information and support tools.

About us

Mental Health & Money Advice has been developed by Mental Health UK. Mental Health UK is a UK-wide charity that represents its four member charities; Rethink Mental Illness in England, Adferiad in Wales, Change Mental Health in Scotland and MindWise in Northern Ireland.

Mental Health UK challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work. In a rapidly changing world, we bring together the heritage and experience of four charities from across the country who've been supporting people with their mental health for over 50 years.