

## Audio transcript

# Your mental health and money

Many of us will experience mental health problems at some point in our lives.

Money and mental health problems are sometimes linked, with one causing, or influencing, the other.

Research by the ONS suggests over a third of us feel stressed out when we think about money, so if you're feeling that way, you're not alone.

Here are some signs that money troubles could be affecting your mental health:

- Feeling anxious about reading bank statements or checking your account balance.
- Worrying about paying your bills.
- Feeling guilty about over-spending.
- Staying awake at night worrying about your finances.
- Feeling like there's no way to improve your financial circumstances.

If you're affected by mental health and wellbeing challenges, we encourage you to visit your GP or contact a healthcare professional who can help you further.

If you're concerned about managing your money, there are some ways we can help.

If you're struggling to keep up with payments, or if you're worried about debt with us, talk to our specialist team about your options. Or, if your mental health is impacting your ability to manage your finances, call our support team to talk to us.

You can also use our online resources and guides to review your finances, create a budget and plan a way forward. If you prefer, we're available to talk on web and mobile chat too.

If you'd like extra support with managing your bank account, we can help you set up account access for someone you trust.

For more information, see our mental health and support webpage, where you can also find links to charities for impartial support.