

Concerned about the mental health of someone with money worries?

Are you concerned about a client, customer, participant or community member whose mental health has been impacted by financial stress? Offering support might feel a bit scary, but your kindness can make a big difference.

Here's what you can do to be helpful:

→ Don't be Afraid To Ask How They Are Feeling

Encourage them to share what's on their mind. You might say, "I'm here if you want to talk about what's going on." This can help them open up about their struggles.

→ They Might Not Want to Talk

If they say they don't feel like talking or nothing's wrong, that's ok. Give them time. They know you're there for them if they change their mind. Or, ask again later, when they have had time to think about it.

→ Encourage Professional Help

If they mention feeling overwhelmed or having thoughts of giving up or suicide, suggest they talk to a professional. Encourage them to call Lifeline on 13 11 14. You can also provide them with the number for the National Debt Helpline (1800 007 007), and/or GambleAware (1800 858 858), to help them get their finances back under control.

→ Help Them To Access Supporting Resources

Looking for Change offers a free podcast and a whole range of resources designed specifically for people whose mental health has been impacted by money worries.

Scan the QR code to access these free resources.



TIP:

Offering help isn't about solving their problems - it's about being there for them and guiding them to help if they need it.



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