

Supporting Someone with Money Worries?

When someone you care about is struggling, especially with money worries, it can be hard to know how to help. Offering support might feel a bit scary, but your kindness can make a big difference.

Here's how you can offer help:

→ Be There to Listen

Sometimes, just being there can provide a sense of relief for them. Let them know they can talk and that you're ready to listen without judgement.

→ Ask How They're 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 too. 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.

→ Notice How They're Feeling

Focus on being supportive if they do want to talk. Avoid giving personal advice unless they ask for it. Just listen and be there for them. Acknowledge how they're feeling.

→ Encourage Professional Help

If they mention feeling overwhelmed or having thoughts of giving up or suicide, suggest they talk to a professional. You might say, "I care about you and want to help you find the right support. How about we make an appointment with a GP?" You could also encourage them to call Lifeline on 13 11 14.

→ Stay Connected

Keep in touch and check in on how they're doing. Knowing that someone cares can make a big difference during tough times and even when they have improved.

→ 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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