

Post Webinar Resource Sheet:

Money on Your Mind: Financial Wellbeing and Mental Health

Thank you for attending this webinar, please check out the resources below.



Dom Grainger is a Senior Account Manager at Life & Progress, with over a decade of experience helping organisations build healthier, more inclusive workplaces.

Resources

Podcast/Talks:



An honest look at the personal finance crisis



BBC's Money 101 -
Bea Duncan

Dom's Recommended Financial Resources:

1. **MoneyHelper** - Free, government-backed advice on budgeting, benefits, debt, savings and more.
2. **Turn2us** - Helps people find financial support they may be missing. Its free Benefits Calculator and Grants Search tool are particularly useful.
3. **Citizens Advice** - Free advice on debt, benefits, employment, housing and bills. Support is available online and through local offices.
4. **StepChange** - A leading debt charity offering free, confidential debt advice online and by phone, with 24/7 online support.
5. **National Debtline** - Free debt advice across England, Wales and Scotland. Offers guidance on debt solutions and managing repayments.

Charities/Organisations:

<https://themoneycharity.org.uk/>
<https://www.turn2us.org.uk/>

Support/Helplines:

Samaritans (UK): Samaritans.org | 116 123
– Free, 24/7 emotional support.

SHOUT Mental Health Text Line:
giveusashout.org | Text “SHOUT” to 8525



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