



Money Problems

AND POOR MENTAL HEALTH



Research shows that **financial worries and difficulties** can have a negative impact on our **mental health and wellbeing**. Issues including **redundancy, job insecurity, availability of jobs or hours, debt** and other financial difficulties can lead to emotional distress.

Feeling **worried, anxious or low** when things get tough can be a normal response; however it is important to recognise when these feelings become **more serious**. It is also true that experiencing **poor mental health** can make it more difficult to continue to **earn and manage your money**. This can feel like a vicious cycle.

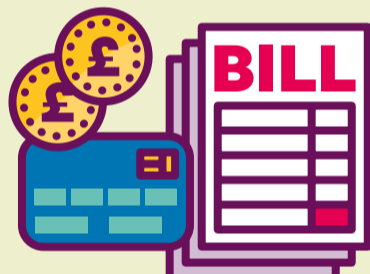
Tips for Improving Mental Wellbeing

1 Make time to meet up with friends and socialise with them.



2 Be proactive by keeping your CV up-to-date, and apply for any suitable job opportunities.

3 Don't ignore any bills or debt, try to keep paying them or get advice on how to prioritise them.



4 Try to avoid alcohol, it won't help deal with any problems or issues and may add to your stress.

5 Try to keep a routine, even if you don't have to get up for work. Poor sleep hygiene, lack of exercise and a poor diet can all exacerbate poor mental wellbeing.



6 If you continue to feel worried, anxious or low after a longer period of time make sure that you get support. Speaking to your GP or Money Advice services can help improve your mood.

Some symptoms of HD can lead to **debt** and **financial difficulties**; including impulsive purchases, fixating on routines (e.g. daily deliveries), forgetting to make payments or a lack of understanding of how serious financial issues can become.



Ensuring that someone with HD has **financial support and guidance** over their expenditure can help reduce some of these difficulties.

The **Scottish Huntington's Association's Financial Wellbeing Service** is available to support those impacted by HD who are experiencing financial difficulties.

