

Looking After Our Mental Health

Looking after our mental health is as important, if not more important, than looking after our physical health. There are lots of things we can do that helps us deal with the stress of everyday life better. Below are some service and websites that provide self help tools and resources to enhance our self care and information on someone that we can talk to about what is worrying us, to help us look after our mental health and improve our own mental wellbeing.

NHS Money Advice Service

Are you worried about money or debt or need help with benefits you may be entitled to, then the NHS Money Advice service can help. **Speak to a member of practice staff** and they can make a referral to the service.

Last Year NHS Money Advice Services secures more than £2.2 million in financial gains for patients in NW Glasgow.

The kind of help available is:

- maximising patient income
- Advice on debt
- Household budgeting
- Benefit forms and entitlement
- Banking and saving

On receipt of referral, the money advisor will make contact directly with yourself within 10 days.

Worried about money?

You don't need to struggle alone.

You can speak to any of our practice staff to be referred to our Money Advice Service for free, impartial and confidential advice about benefits, debt and other money worries.

If you'd rather go directly, you can get in touch yourself by contacting:

Drumchapel Citizens Advice Bureau 0141 944 2612 https://www.drumchapelcab.org.uk/home	Drumchapel Money Advice Centre 0141 944 0507 http://www.dmac.btck.co.uk/
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