

Is worrying about **rising prices** affecting your **mental health**?

The rising cost of living is having a big impact – not just on bank accounts but also on our wellbeing. It is more important than ever that we look after our mental health.

Money worries have long been a cause of stress and anxiety but as bills continue to rise, it is easy to let concerns spiral. Not knowing where to turn for help or how you are going to cope can lead to anxiety, panic attacks and depression.

Sharing your fears, getting on top of things and taking time to look after yourself will all help.



Help to manage your **mental** **wellbeing** as the **cost of living** rises



Free mental health and wellbeing support and advice is available at www.oneyou.southglos.gov.uk



Take control of your finances and get the help you may be entitled to. We can help with emergency and long-term grants, applying for benefits and national schemes.

📞 **01454 868009**

📍 Visit one of our **One Stop Shops** in Patchway, Kingswood or Yate



We have lots of advice, information and handy hints on ways to save money and support available at www.southglos.gov.uk/costofliving