



## Missing People's guide on *Cost of Living crisis*

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Firstly, you are not alone. The cost-of-living crisis has affected everyone in one way or another. With prices for gas, electricity, fuel, and food, as well as mortgages and rent soaring. Many people have told us how anxious this has made them and it's not surprising that we are all worried about making ends meet. Money problems can be very debilitating and can put huge stress on to our everyday lives. It can make people feel like they want to run away and just disappear.

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We have come up with a few suggestions that can help you cope when you start feeling overwhelmed. The stress of not knowing how you are going to get through the next month can have a major impact on your mental health.

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These are some tips from our frontline staff to help you ensure you are looking after your mental health and have the support you need.

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# Looking after your mental health during the cost of living crisis

## Talk about it!

We are all in this together. If you need to talk, our free and confidential Helpline is available on 116 000 from 9:00am- 11:00pm, 7 days a week, particularly if you are thinking about leaving home or disappearing. We are non-judgemental and can offer you the space to talk and emotional support.

## Don't let the news and social media affect you

The constant barrage of fear-provoking headlines can make you feel worse. Limit how much social media and news you follow.

## Ask for help

There is no shame in asking for help. It's a strength! There are organizations who can help and advise on what support is available to you. You just need to ask!

## See what's available in your area

There are more food banks opening in local communities with many being stocked by surplus foods from grocery stores. Make use of these to stock up on basic items. Community centres may have clothing banks for warm jackets, jumpers and even blankets.

## Check to see if you are eligible for any government benefits.

Families with an income under £30 000 may have allowances they can claim. Even if it is a small allowance, it could lead to you being able to claim other benefits such as a reduction in council tax, reduced utility tariffs.

Speak to your local council and see what options are available to you or follow this link to see what other options you have:

<https://mypickle.org/cost-of-living-support/>

# Looking after your mental health during the cost of living crisis

## **Worrying about being able to feed your children and yourself**

If you are struggling with providing meals for your child, speak to your child's school, health visitor, district nurse or GP, they can help by offering school meals through council support. They can also direct you to local food banks where you can stock up for home.

## **Students**

If you are a student are struggling with accommodation or a money crisis – speak to your college or university – they often have emergency funds and can help with your accommodation.

## **Take time to breathe**

Sometimes, you need to take a step back, get some fresh air, clear your mind, and don't become overwhelmed. It won't be like this forever.  
This too shall pass.

## **Text about it**

SHOUT is a mental health charity that has a 24-hour text line that is there for anyone, day or night that needs support.  
Just text 85258, it's free and confidential.