

Space From Money Worries

[EN-GB]



The MMHPI suggests that changing thinking patterns and behaviours around money could help to provide a lasting fix to the vicious cycle of financial difficulty and mental health problems. Using Cognitive Behavioural Therapy (CBT), The Space from Money Worries programme has been designed to better manage the participant's relationship between financial difficulties and poor mental health.



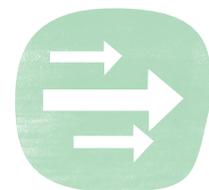
Skills and Strategies

Participants will develop an understanding of the relationship between their finances and their mental health, while learning to normalise their problems and reduce their shame and self-criticism. Using graded exposure, participants will be encouraged to face their fears and become more assertive and in control when it comes to managing their finances.



Balanced Thoughts

Participants will learn how worry can further enhance anxiety and unhelpful financial behaviours. They will also learn to recognise real vs. hypothetical worries, and how to challenge negative thoughts and prevent impulse spending.



Forging Ahead

Participants will develop techniques for lasting results to reduce the risk of impulse spending and prevent a future relapse. Participants will also be guided to map out their support network to mitigate the impact of financial stresses on depression.

Who Should Consider Taking This Programme?

Those who are looking to gain tools to understand and manage the relationship between their financial stress and mental health, gain tools to improve financial behaviour, and develop coping techniques to combat financial stress and depression.

Modules

Money and Mental Health

Your Thoughts About Money

Changing Your Thoughts About Money

Getting Active on a Budget

Facing Your Financial Fears

Managing Worry About Money

Acceptance and Hope About Money Difficulties



Cognitive Behavioural Therapy

With CBT, participants will better understand their thoughts, feelings, and behaviours and learn how to make positive changes - proven to reduce symptoms and better manage their mental health and wellbeing. Participants walk away with the tools to better manage their mental health now and in the future.

Supported or Self-Guided

Participants can choose to work through the programme at their own pace with our self-guided experience or they can work with one of our expert supporters who will provide weekly encouragement and ongoing motivation.

