

## **MINDFUL MONEY DAY**

**“People with a mental health condition are three times more likely to be in debt**

**Being in debt can make an existing mental health problem worse”**

**(The Forum for Mental Health in Primary Care, 2009)**

In partnership with Mind, the mental health charity, your local Mind association, Mind in Mid Herts, is hosting one of 22 important national conferences on 29<sup>th</sup> November 2011 from 9-30 – 4-30 at Hertfordshire Development Centre, Robertson House, Stevenage, SG1 2DL

Mindful Money is funded by the Santander Foundation. This national project aims to increase awareness around Mental Health and how to manage your money. This day event will bring together people from financial services, voluntary and public sector groups, and people with experience of mental distress to discuss and learn about being mindful of your money, being more aware of your own and others' mental health, and the way these issues are linked.

The day will centre around two training sessions, presenting and sharing ideas on managing your money and mental health. The event includes a market place hosting financial, and health care organisations, and a panel of experts will answer questions arising from the day.

The day aims

- To improve financial capability and confidence of those with existing mental health problems as well as those at risk of developing them as a result of financial pressures.
- To break down barriers between those with mental health difficulties and the services they engage with, to bring about more positive & supportive working relationships across communities.
- To increase participants understanding of financial capability and improve confidence to seek information and advice
- To increase the understanding, confidence and knowledge for participants who offer support to people with experience of mental distress, helping signpost them towards information and advice

- To create a greater understanding of the impact of mental distress on people's ability to manage their finances (in particular for people who offer financial information and advice)
- To improve knowledge of local sources of support, information and advice on finances and mental health.

Due to high demand for this event, and the fact that it is FREE places are limited. Anyone interested in attending the day or offering a market place stall please contact: [Lucinda@mindinmidherts.org.uk](mailto:Lucinda@mindinmidherts.org.uk) or on 01438 369216 for more information and to reserve a place.