

## About Our Partners

**Mandy McGinley** - Mental Health  
Money Advice Worker

info@parkheadcab.org.uk

**Parkhead Citizens Advice Bureau** is part of a National CABx network and conforms to Scottish National Standards for Information and advice

**Craig Doyle** - Mental Health  
Money Advisor

info@money mattersweb.co.uk

**Money Matters** is a member of Advice UK and Money Advice Scotland and meets the appropriate membership standards.

**NHS Greater Glasgow and Clyde**

Providing assistance with external evaluation.



## How do I refer?

Financial Inclusion work is integrated within GAMH and you can access this: -

- Referral through GAMH Staff
- Online at our website a copy of the referral form is available for staff [www.gamh.org.uk](http://www.gamh.org.uk)
- Copies of referral form are located at project offices

### **GAMH Money and Debt**

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This Project has been funded by



# Money and Debt Project



*"GAMH Money and Debt project developed good practice to improve access to money advice services and raise awareness of the experiences of people with mental health problems"*

*(Scottish Poverty Information Unit).  
Full report available  
at [www.gamh.org.uk](http://www.gamh.org.uk)*

## ***Accessing services***

The project will support people with mental health problems access money and debt services.

People will develop the skills and knowledge needed to manage their financial situations better.

This will build on the success of GAMH's financial inclusion work where staff have active links with services in the Glasgow Advice and Information Network (GAIN).

## ***Mental Health Awareness Training***

GAMH can provide mental health awareness training to organisations

This project will encourage Advice agency staff to participate in Scottish Mental Health First Aid training.

## ***What we can do***

- Helping identify money and debt needs
- Maximising household income
- Welfare Reform Support (e.g. Employment Support Allowance, 'Bedroom Tax' issues, Personal Independence Payment)
- 1-1 Support for members or carers to medical assessments.
- Accompany members and carers to debt and money advice appointments.
- Making referrals to partners and agencies within the GAIN Network.

## ***Financial inclusion and mental health***

Financial Inclusion sessions are integrated into existing GAMH support groups

Some examples in the past have included: -

- Money Advice Service sessions on how to manage your money better
- Reducing outgoings by accessing energy efficiency and 'Warm Homes Discount' schemes
- Raising awareness of financial resources available e.g. Credit Unions

As a result of this work 69% of GAMH service users said that they felt they were in a better financial situation.

**People said: -**

***"I went along to get help with my debt issues. I now have a Credit Union account".***