

# Money and Mental Health

- Research
- Working mindfully - challenges and issues
- The recovery model
- Resources

# Research

## RECOVERY COLLEGE EAST

Don't compare – treat me as an individual  
Help me find safety buffers  
Don't ask 'what's wrong' – ask 'what helps'  
Take at my pace  
Trust me when I tell you my priorities  
Don't make assumptions – things change

## MONEY ADVICE SERVICE

Fears about being judged  
Unlikely to engage on a bad day  
Treat me as individual  
Want personalised help but not personal  
questions up front  
No one size fits all

## RELATE

Asking about money hard for counsellors  
Asking about relationships hard for us  
Be mindful of boundaries  
Active care of self – emotional bank account  
Focus on coping strategies – what works

## MONEY + MENTAL HEALTH INSTITUTE

**Whose job is it anyway? OCT 17**  
Mental health practitioners overly cautious  
about raising money  
Find referral pathways complex  
Timely and brief support hard to access  
Very rare that money dealt with  
psychologically

# HOW DO YOU WORK MINDFULLY?

What does this mean to you?

How do you stay in the moment i.e. working with where someone is in their life and experience at the time they are with you?

# The Recovery Model

## What do we mean by the medical model?

- Looks to what is physically ‘wrong’ and how to ‘fix’ it.
- A focus on symptoms
- Key in assessments for disability benefits (which also struggle to capture the impact of a mental health condition).

“Can move more than 200 metres”.

## What do we mean by the recovery model?

- Feeling in control of your life, even when you are not in control of your symptoms
- Understanding that there is more to us than the mental health challenges that we might be experiencing
- Knowing where and when to access support
- Being able to celebrate our strengths and achievements

## What **don't** we mean by the recovery model?

- No longer experiencing any mental health challenges
- Ignoring warning signals 'because we're better now'
- Trying to be the person we were before we became ill



# What does this mean for working with people?

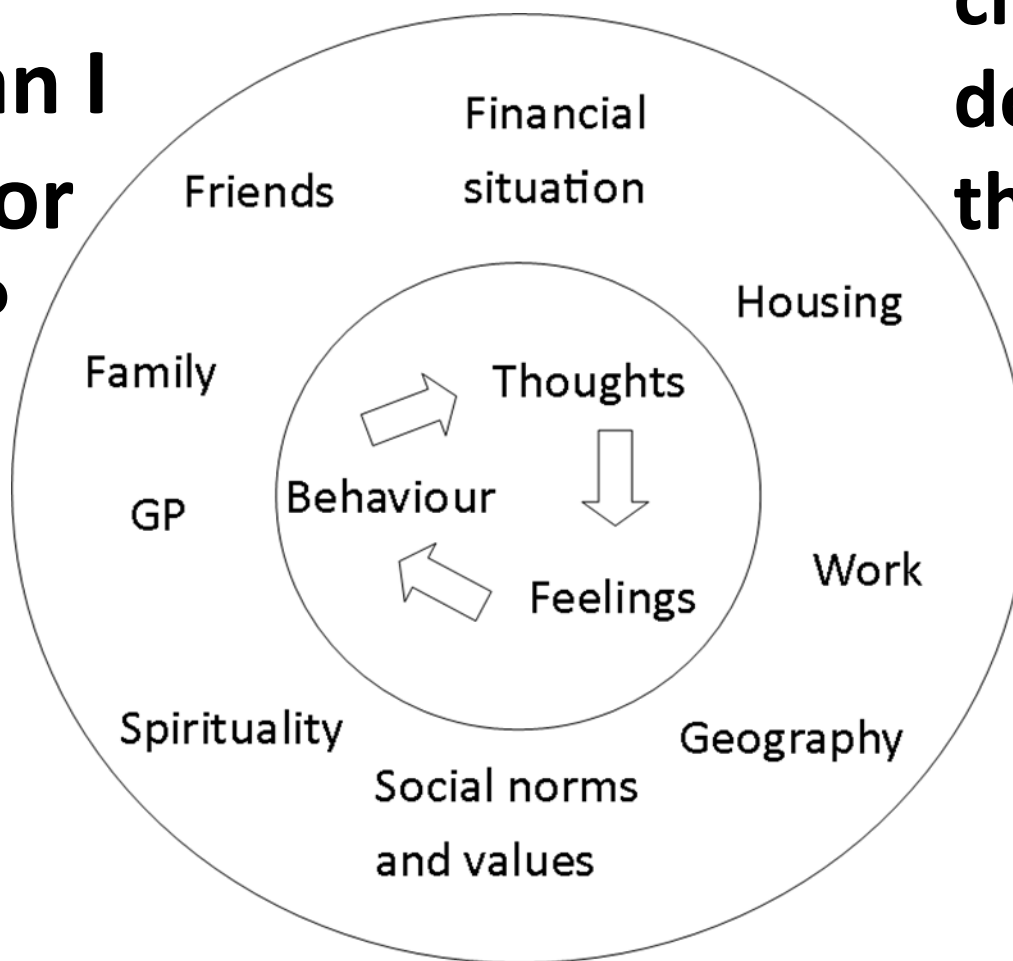
It's a way of working with someone, whatever their presenting issue

It incorporates strength based approaches

It looks to the future, but in a realistic way

**What can I control or change?**

**What can't I change? How do I live with that?**



## How do we work in a recovery focused way?

- Focusing on the individual, not their diagnosis or their symptoms
- Holding hope and optimism for the person and their future
- Helping someone to achieve their goals and aspirations
- Working with someone's strengths
- Challenging self-limiting beliefs

## Key questions:

- What does recovery look like to you?
- How do you keep yourself safe?
- How do you keep yourself well?
- Who helps you to do this?
- Where do you go for support?

## The recovery model and looking after yourself as a worker

- The person has responsibility for their own life and situation
- Everyone needs to make their own decisions, even if those decisions are unhelpful.

## The recovery model and looking after yourself as a worker

- If you are concerned that they cannot manage this, ask is this a safeguarding issue? To what extent **can** I support them and where do I need to step back? Who else might be able to help?
- Don't 'hold' someone else's difficult life for them. Walk alongside them, don't jump in as well.

# What do I do if I am worried that someone is suicidal?

<http://www.stopsuicidepledge.org/>





<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>



# Resources

<http://www.cpslmind.org.uk/>

<https://www.mentalhealth.org.uk/a-to-z/r/recovery>

<http://www.cpft.nhs.uk/>

<http://www.cpft.nhs.uk/about-us/recovery-college-east.htm>

<https://www.moneyandmentalhealth.org/>