

MMHAP

Money (& Mental Health) Awareness Plan

My Personal Money Awareness Plan

This MMHAP has been written to enable me to help myself (and, if applicable, to provide information and suggestions to my family, friends and professionals) to get back on track when I am struggling with money because of my mental and/or physical health challenges.

Contents

When things are going well

How do I maintain my health & finances generally?

Overview of my mental & physical health

Money and my mental health (how they affect each other)

Early signs that I'm struggling

Possible Triggers

How I can stop things from getting worse?

How I can start to improve my situation?

Reaching crisis point

Possible Triggers

Emergency Action Plan

Statement

Name:

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Money and my mental health

How I handle my money when I am well

How does my mental health affect my ability to deal with my money?

How does money affect my mental health?

What are high priorities for me?

What are low priorities for me?

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When things are going well...

What I do every day to manage my money

What I do regularly to manage my money

What I do occasionally to keep a check on my finances?

What makes me feel more in control of my money?

How do I feel about money?

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Early signs that I'm struggling

Outward Signs (my behaviour, eg: not opening post, not shopping)

Emotional Signs (how I feel, eg: feeling more anxious, more tired)

What do others see? (Sometimes others notice things we don't)

Possible Triggers

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How I can stop things getting worse...

Things I can do myself

Help I'd like from others

How I can make things improve...

Things I can do myself

Help I'd like from others

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Reaching crisis point

Outward Signs (my behaviour, eg: not going out, spending online)

Emotional Signs (how I feel, eg: extremely anxious, exhausted)

What do others see? (Sometimes others notice things we don't)

Possible Triggers

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Emergency Action Plan

Who can I contact (that I know I can trust)

Important information (so I don't have to search for it!)

What helps

What doesn't help

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Statement

This MMHAP has been written by me whilst I am well and functioning normally. When my mental health becomes significantly affected by my money challenges, or vice versa, and I am no longer able to control my money as effectively as I would when I am well, this MMHAP can be a guideline for helping me to get things 'back on track'.

It was completed on(Date)

Signed:

Name:

(Any plan with a more recent date supersedes this one.)

Helpful people to contact

Role/Relationship	Name	Contact Tel No