

### 1.9.12 Money

[Mental Health and Money Advice](#) is the first UK-wide service to combine support for mental health and financial problems. The website offers free and impartial support and advice for anyone affected by mental health and money issues, including support for friends, families, carers and mental health professionals. Make sure you click onto the 'Scotland' part of the website.

[Money Advice Scotland](#) is the national umbrella organisation which promotes the development of free, independent, impartial, confidential money (debt) advice and financial inclusion. The organisation is a registered charity with clear charitable objectives.

t: 0141 572 0237 e: [info@moneyadvicescotland.org.uk](mailto:info@moneyadvicescotland.org.uk)

The [Money Advice Service](#) was set up by the UK Government to provide free and impartial money advice and to help people manage their money better.

t: 0808 138 7777

The [Money and Mental Health Policy Institute](#) is an independent charity, committed to breaking the link between financial difficulty and mental health problems. It conducts research, develops policies and works in partnership with those providing services and those using them to find what really works. It is a research institute and can't assist with individual problems – set up by Money Saving Expert Martin Lewis. e: [contact@moneyandmentalhealth.org](mailto:contact@moneyandmentalhealth.org)

[National Debtline Scotland](#) provides free advice on debt management. It also provides guides and fact sheets on topics such as bankruptcy, Council Tax recovery, time limits for recovering debts and ways in which creditors can legally enforce debts.

t: 0808 808 4000

[StepChange Debt Charity](#) is the UK's leading debt advice charity, offering impartial debt advice to anyone experiencing financial problems. StepChange provides specialist budgeting advice, help with bankruptcy, assistance with IVAs and professional debt solutions such as free debt management plans.

t: 0800 138 1111

[Turn2Us](#) is a free service that helps people in financial need to access welfare benefits, charitable grants and other financial help online, by phone and face to face through its partner organisations. The Turn2Us website helps site visitors to access financial support based on their individual circumstances.

t: 0808 802 2000 e: [info@turn2us.org.uk](mailto:info@turn2us.org.uk)

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk) – and please also tell us about any good sites you encounter so we can add them to our list.