

Looking after your mental health

Worrying about money can take its toll on your mental health, and if you feel like everything is getting too much, it's important to remember that you're not alone and there is support out there.

Everyone feels stressed, anxious, emotional or overwhelmed at times, and if you're finding it difficult, Parent Club has tips to help you look after your mental health and places you can go to find support. Many others are in the same boat, so don't be afraid or embarrassed to access help during these difficult times.

For tips to look after your mental health, go to parentclub.scot/mental-health



What other parents have said about the Money Talk Team:

"Without your help I would have struggled a lot and been really stressed... The information we got was the best and boosted my confidence."

"Thank you for all your help, I could not have filled in the form myself and we have now gotten the allowance."

What other parents have said about the employment support they received from their local authority:

"I received a call from one of the interviewers who explained to me about the support available and I wasn't really too sure what this entailed, I am so glad I did go ahead with the meeting. They managed to get me a placement within my local area and through their support and training that was provided for me I was lucky enough to secure a full-time job at where I was placed."



FEEL OVERWHELMED BY FINANCIAL PRESSURES?

We can help guide you to tailored advice about benefits, gaining new skills, or finding work that fits around your family - take that first step at parentclub.scot/money-work



Help tailored to your Family

If you're finding it hard to make ends meet and the thought of applying for benefits or taking that first step into work is overwhelming, Parent Club can help. The good news is there is lots of help available and we can guide you to someone you can talk to about applying for benefits and one-off payments, or gaining skills, finding work or childcare.

Benefits and grants you could be entitled to

Knowing where to begin with benefits and one-off payments you're entitled to can be stressful. You might also think you're not eligible for any additional financial support, but it's always worth checking as you may be surprised. We can guide you to a trusted advisor who can help you find out about all the benefits and payments available to you and your family. All advice is confidential, so you don't need to worry about losing any existing benefits.

Who can you talk to?

If you're looking for advice to help you make the most of your money and deal with debt, the Money Talk Team can check whether you're accessing all the benefits you're entitled to. The service is free, confidential and impartial and delivered by trained advisors from the Citizen Advice Bureau. There are 3 ways you can access their help:



Visit their website for more information, tools and advice at moneytalkteam.org.uk



Chat online with a virtual assistant 24 hours a day / 7 days a week who can help you find what you need



Book an appointment with an advisor at your local Citizens Advice Bureau by calling free on **0800 028 1456**



Finding a job that works for your family

The thought of finding a job can feel overwhelming, especially if you're looking for something that fits around childcare and other commitments. If you've been out of the workplace for a while, you might be a bit concerned about returning, or worried that your skills are out of date. Or this might be your first time looking for a job, and you don't know where to start. Whatever your situation, you don't have to do it on your own, as there are lots of support services to help you.

Employment services

If you're thinking about looking for work but aren't sure where to turn, the employment services your local authority offer are a great place to start. You'll receive tailored support that can help with everything from CV writing and preparing for interviews, to applying for jobs. They can also help you apply for college, get training, or access any other services to help you into work.

Using any of these services is also entirely voluntary, so you won't be pushed into a job that doesn't suit you. It also means you won't lose any benefits you're currently receiving if you decide it's not for you at any stage. Support is also available for parents that are currently employed and looking to increase their income.

To find out about local employment services and how they can help you, go to parentclub.scot/job

