



MONEY AND  
MENTAL HEALTH  
POLICY INSTITUTE

We're working for a world in which the vicious cycle of money and mental health problems is broken — so that we all have an equal chance of financial security, regardless of our mental health; and everyone's mental health can flourish, regardless of their financial circumstances.



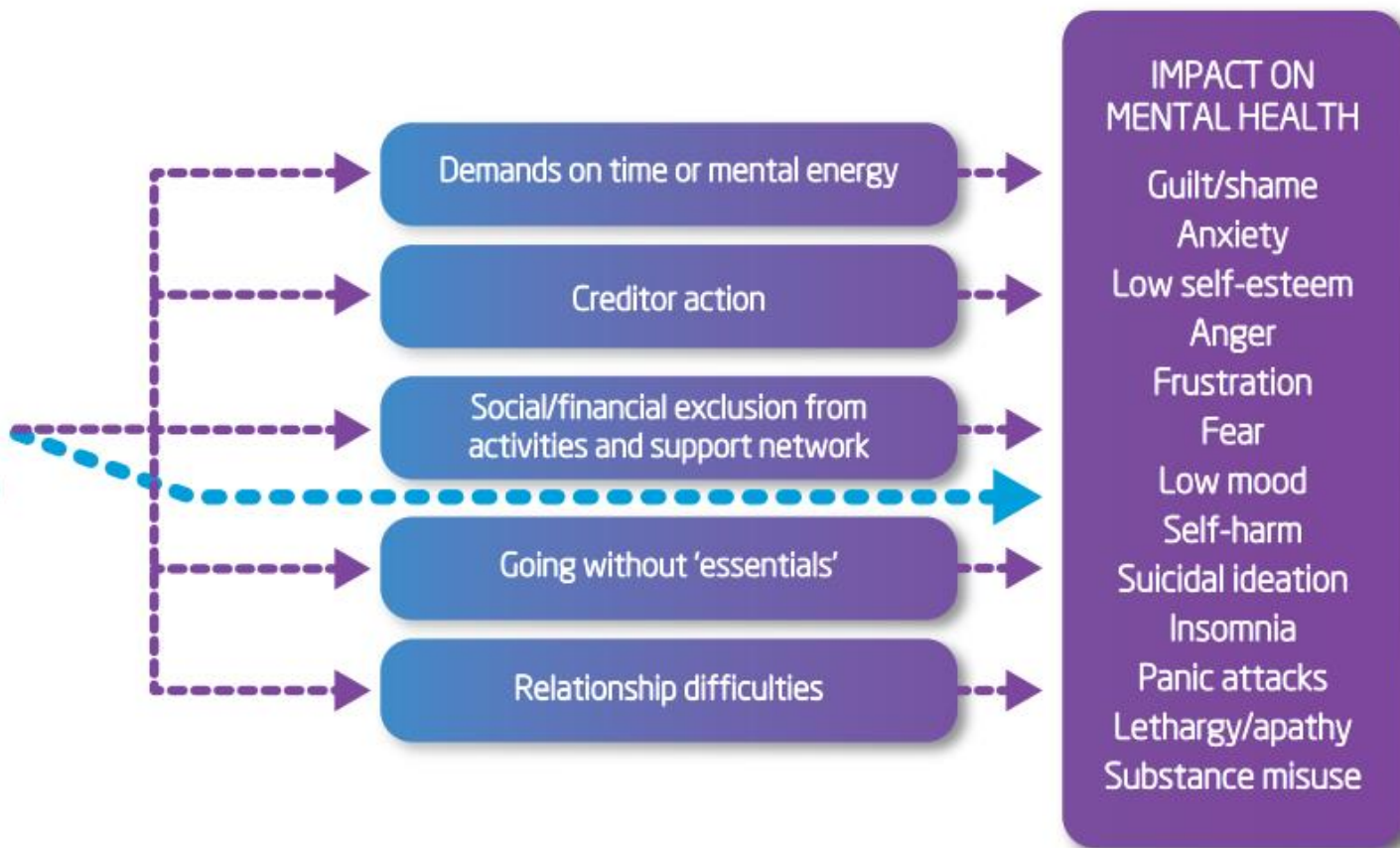
People experiencing mental health problems are **3.5 times** more likely to be in problem debt.

**Half** of adults with a debt problem also have a mental health problem.

**1.5 million** people in England are currently experiencing both issues



# Financial Difficulties

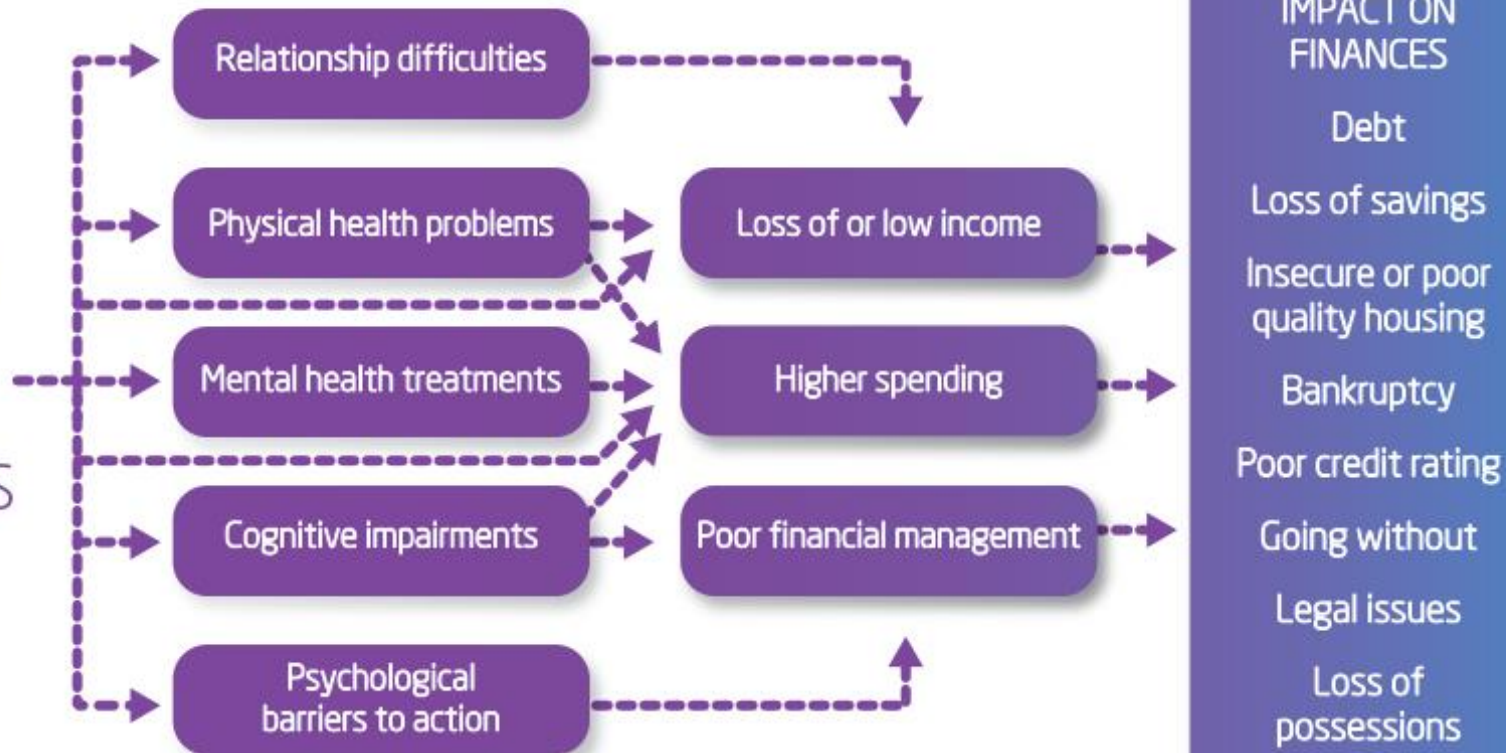


Over **100,000** people in problem debt attempt to take their own lives every year in England alone.

**Nearly a quarter** of people who attempted suicide last year were in problem debt



# Mental Health Problems



Loss of or low income



## People with mental health problems are:

1. Less likely to be employed
2. More likely to have extended periods of sickness absence
3. More likely to be on a low income
4. More likely to be in precarious work



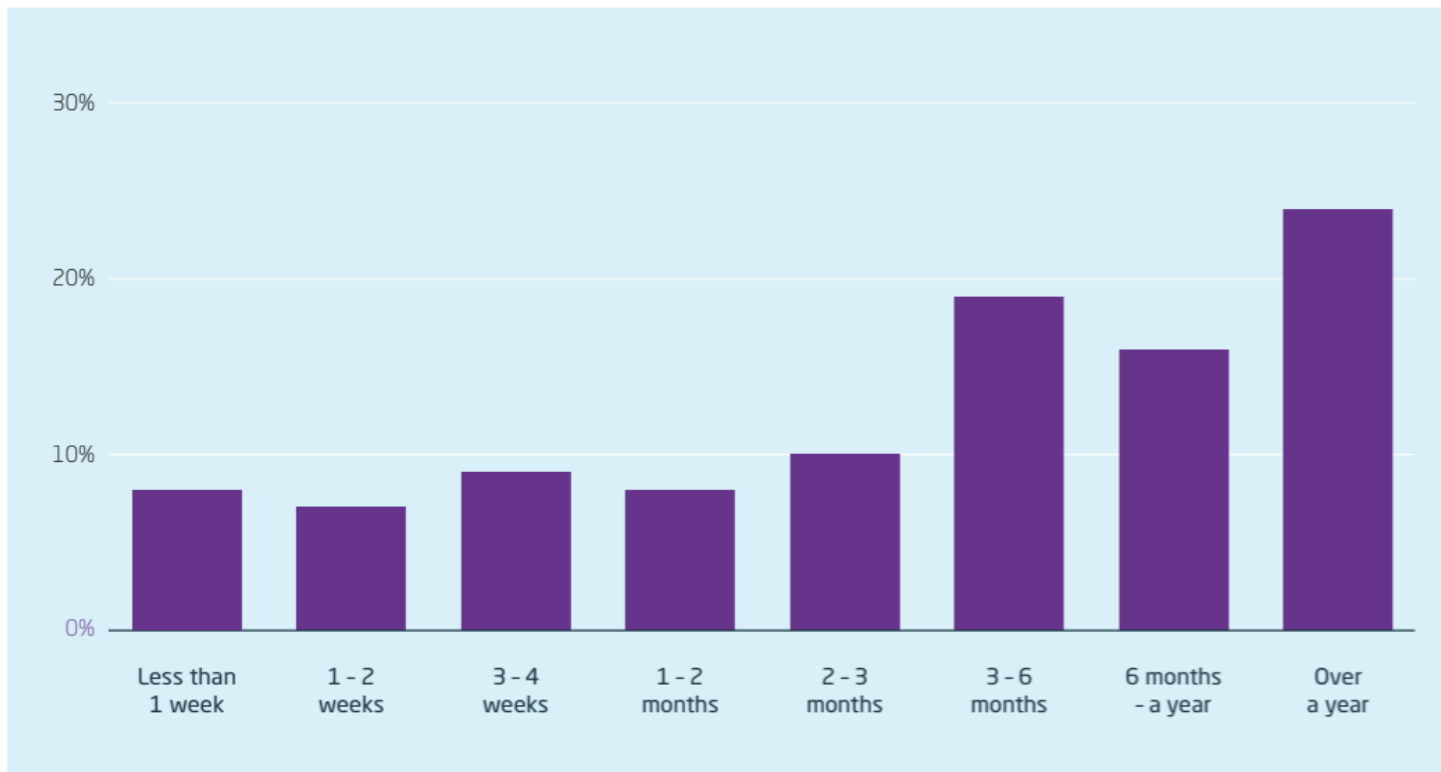
## Less likely to be employed:

- 43% of people with mental health problems are in employment, compared to 74% across the population (2016)
- 2.3 million people in the UK are currently experiencing mental health problems that affect the amount of paid work they can do
- 300,000 people with a long-term mental health condition lose their job each year



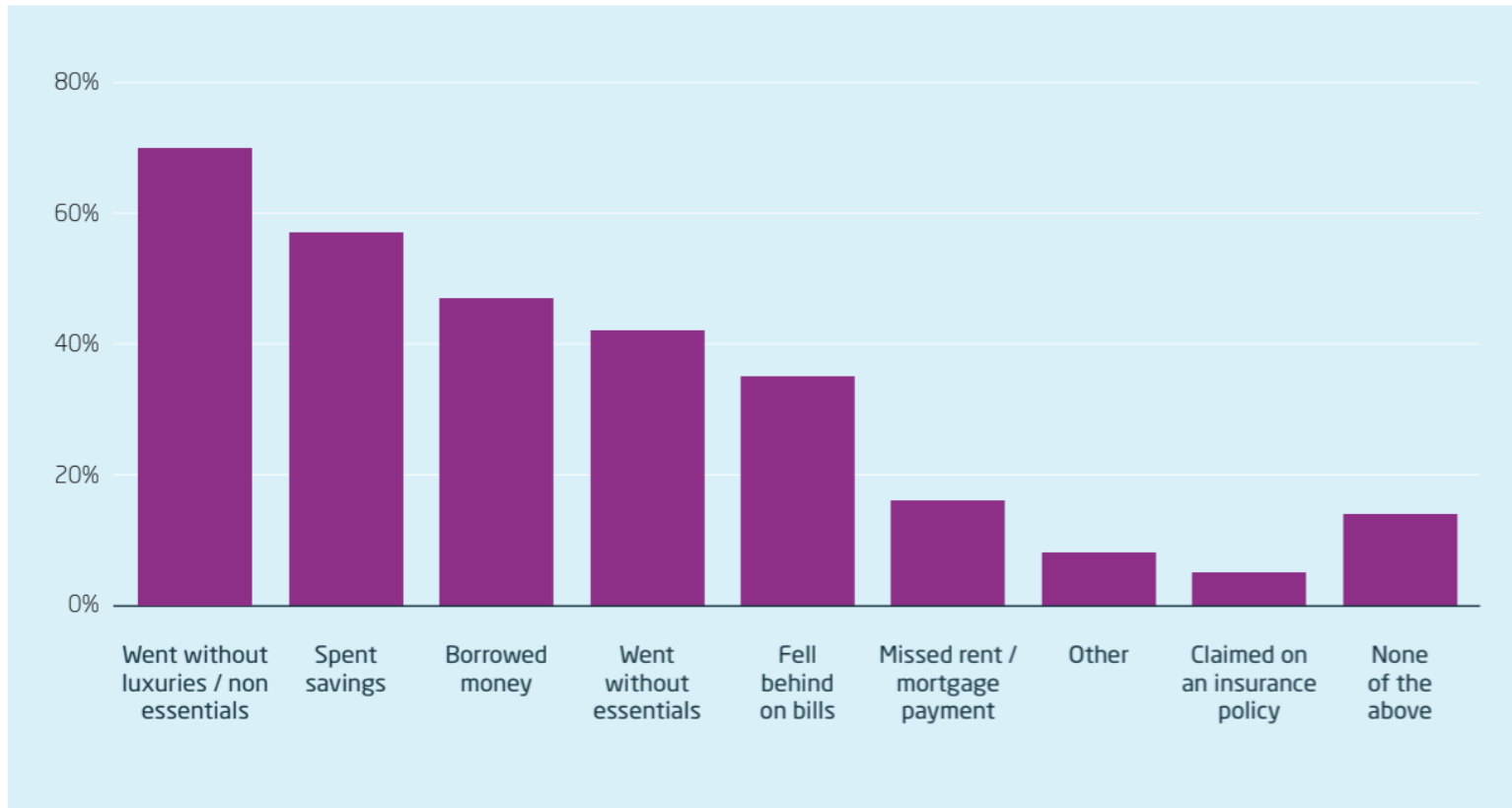


**Figure 2. Longest period of time off work in the last five years due to experiencing mental health problems**



Source: Money and Mental Health survey. Base for this question: 439 employees who have taken time off work for a mental health problem in the last five years.

**Figure 6: How people managed whilst on a period of sickness absence from work**



Source: Money and Mental Health survey. Base for this question: 322 employees who have taken more than four weeks off work for a mental health problem in the last five years.

Loss of or low income



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Higher spending



In a survey of 5,000 people with mental health problems, **93%** spent more than usual in periods of poor mental health



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Poor financial management →

Mental health problems can affect our:

- Memory
- Attention
- Psychomotor functioning
- Motivation
- Communication



“It’s like trying to see through a thick fog, with a black bag over your head, whilst wearing ear muffs.”



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