



Cost of living crisis: money and mental health

- 93% of adults report their cost of living has risen over the last year
- 77% of adults said they are worried about this
- 43% of adults who pay energy bills said they found it very or somewhat difficult to pay their last bill

Buckinghamshire Mind and Citizens Advice Bucks are working together because **we are worried about how the cost of living crisis affects our mental health.**

We need your views to help shape services. We are asking you to:

1. **Complete a short survey on managing money and mental health.**
The QR code to the survey is below.
2. **Join one of our one hour workshops to discuss this topic in more detail.**

If you are interested in joining a workshop please leave your details at the end of this questionnaire or email us at info@bucksmind.org.uk. We will give you a voucher for your time.

