

Mental Health Improvement Team Snippet

February 2022



Money Advice and Rights Local Services



RENFREWSHIRE

Money Advice in Renfrewshire

Open Mon-Thurs 8.45am-4.45pm,
Fri 8.45am- 3.55pm Call **0300 300 1238** to
make a telephone or video appointment or
email
adviceworks@renfrewshire.gov.uk

EAST RENFREWSHIRE

Money Advice and Rights Team

Offer free, expert and confidential advice
about debt, benefits and appeals. They
can help with benefit applications and
appeals to make sure you have your
income maximised

EAST DUNBARTONSHIRE

Income Maximisation Service

Provides free confidential advice if you
are experiencing any financial worries or
hardships. Call **0141 775 3220** open until
7pm Mon-Thurs

WEST DUNBARTONSHIRE

Benefit and Money Advice

This is a free and confidential service
to all residents and WDC staff. Call
(01389) 738296 Mon-Thurs 8.45am to
4.45pm and Friday 8.45am to 3.55pm

GLASGOW CITY

Welfare Rights and Debt Advice

Available to those who receive a service
from Social Work

Glasgow Advice and Information Network

Provide advice on a wide range of financial
issues including debt, money management,
benefits advice, and housing issues. Call
0808 8011011 Mon-Fri 9am-6pm

INVERCLYDE

Inverclyde Life

Provide free, independent money advice
for all Inverclyde residents regardless of
age, background or status.
Open Mon- Fri Call **01475 729 239** or
email finfitteam@yahoo.co.uk
to make an appointment

National Debt Advice



Money Support Scotland

The Scottish Government's multimedia campaign
running until March 2022 to help support the newly
financially vulnerable, and those whose financial
struggles have worsened during the pandemic

National Debt Helpline: Call **0808 808 4000**, Monday to
Friday 9am-8pm and Saturday 9:30am - 1pm

Fuel and Food Supports

Home Heating Advice

Working in partnership with the Scottish Government to deliver the
second iteration of the Home Heating Support Fund for Scottish
households struggling with energy costs



The Trussel Trust

Food banks provide the best possible emergency food and
support to people in crisis. Find out what foodbanks are available
in your local area

Further Information and Resources

NHSGGC Money Advice: useful information for staff to help raise the
issue of money with patients and supports available

Mental Health and Debt Booklet: downloadable resource for people
with mental health problems and those caring for them



Mental Health and Money Advice: Clear, practical advice and support for people
experiencing issues with mental health and money

NHS Inform Problem Gambling: useful information on signs, effects and causes of problem
gambling and supports available