

Money Worries Programme

This programme from SilverCloud[®] by Amwell[®] is designed for individuals who feel that financial difficulties are impacting on their mental wellbeing and/or those who feel their poor mental health affects their ability to manage finances.

Programme goals

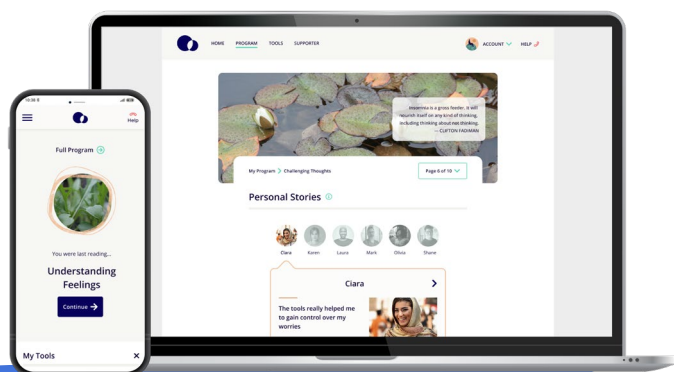
- **Help individuals understand how their financial difficulties are impacting their mental health and vice versa.** A number of studies have shown a strong link between high levels of debt and mental health problems.¹ Poor mental health also appears to predict later financial problems, suggesting a vicious cycle.^{2,3,4}
- **Reverse patterns of financial avoidance and impulsive spending** and replace with more helpful ways of coping. Compulsive spending is worsened over time by depression, anxiety and stress.^{4,5}
- **Reduce levels of worry, self-criticism and shame.** The link between financial hardship and poor mental health appears to be mediated by psychological variables such as personal agency, self-esteem, coping, hope and shame.^{6,7}
- **Increase hope and perceived ability to cope around finances in the future.** Subjective worry about finances has a bigger impact on mental wellbeing over time than objective financial problems.^{4,6}



How it works

The structure and content of the *Money Worries* programme draws on the evidence-based principles of cognitive behaviour therapy (CBT), teaching users how to reframe thinking patterns and build coping skills.

Each module contains easy-to-read information, videos, quizzes and interactive tools as well as homework suggestions to continue the learning process.



The programme is available 24/7, allowing users to access the content at a time and place that suits them. It is easy to use and can be accessed using a phone, tablet or computer.

Summary of programme modules:

- **The link between money problems and mental health.** The user is given information about the relationship between finances and mental health and how both may be affecting their wellbeing.
- **Finding new ways of coping with money problems.** The user is encouraged to feel more confident in discussing money problems and asking for help, thereby decreasing shame.
- **Facing your financial fears.** The user identifies steps needed to be more active and less avoidant around finances.
- **Managing worry about money.** Helps the user to understand role of worry in unhelpful financial behaviours. Mindfulness is introduced as a way to reduce worry.
- **Feeling more hopeful about money problems.** Connecting with values helps the user to become more accepting around difficult financial situations and increase hope for the future.
- **Keeping to a budget.** The user is shown how to identify thoughts and triggers that lead to impulsive spending. They learn practical coping strategies to increase their ability to stick to a budget.

References:

1. Richardson, T. et al. (2013). The Relationship between Debt and Mental and Physical Health: A Systematic Review and Meta-Analysis. *Clinical Psychology Review*, 33, 1148-1162.
2. Richardson, T. et al. (2015). Longitudinal Relationships between Financial Stress and Eating Disorder Features in Undergraduate Students. *International Journal of Eating Disorders*, 48, 517-21.
3. Richardson, T. et al. (2017). A Longitudinal Study of Financial Difficulties and Mental Health in a National Sample of British Undergraduate Students. *Community Mental Health Journal*, 53(3), 344-352.
4. Richardson, T. et al. (2018). Financial Difficulties in Bipolar Disorder Part 1: Longitudinal Relationships with Mental Health. *Journal of Mental Health*, 27(6):595-601.
5. Richardson, T. et al. (2019). Financial Difficulties in Bipolar Disorder Part 2: Psychological Correlates and a Proposed Psychological Model. *Journal of Mental Health*, 8, 1-9.
6. Frankham, C. et al. (2020a). Psychological Factors associated with Financial Hardship and Mental Health: A Systematic Review. *Clinical Psychology Review*, 77, 101832.
7. Frankham, C. et al. (2020b). Do locus of control, self-esteem, hope and shame mediate the relationship between financial hardship and mental health? *Community Mental Health Journal*, 56, 404-415.

Your mental health is our priority. Ask your healthcare specialist about the SilverCloud® *Money Worries* programme, or find out more here:

