



Cost of Living Crisis Workshop

Come and join us to learn how to better cope with the cost of living crisis and support your mental health

When

23rd June 2023

10am—1pm

Where

Croydon Health and Wellbeing Space (CHWS) - 1st Floor Whitgift centre, 1 North End, Croydon, CR0 1TY

How to register:

Call CHWS on: 020 3154 9539

Or Register via: <https://forms.office.com/e/iNHdkpyBBr>

What to expect?

- ◇ Information on managing finances and coping with the cost of living crisis
- ◇ An introduction to cognitive-behavioural therapy (CBT) techniques, and using them to cope with the crisis

What not to expect?

- ◇ The workshop is not a therapy session or treatment.



**South London
and Maudsley**
NHS Foundation Trust



More of what to expect:

The aim of the workshop is to acknowledge the impact of the cost of

living crisis on our mental health, and discuss strategies to cope with this challenging time by using Cognitive Behavioural Therapy (CBT) techniques.

The workshop is run by two Psychological Wellbeing Practitioners (PWP) who regularly support people suffering with difficulties such as stress, anxiety, and depression.

The plan:

We'll be talking through practical tools to manage money, budgeting and ideas on how to save and make money. After a break, the second half will focus on how financial stress impacts our mental health and we'll be going through some therapy tools and techniques to cope with this too.

We look forward to seeing you and sharing ideas!



South London
and Maudsley
NHS Foundation Trust