

# Are you worried about debt?

Get free support with the  
Mental Health Crisis  
Breathing Space Scheme



## How can it help me?

If you're in a mental health crisis, the scheme may be able to provide you temporary protection from your creditors.

### It can STOP creditors from:

- Contacting you directly about debt repayment.
- Charging interest, fees or penalties on your debt.
- Requesting debt payment.
- Evicting you from your home.

You will also be offered **free debt advice** from our specifically trained mental health and money advisers.

### To find out more about applying for a Mental Health Crisis Breathing Space speak to your:

- Approved Mental Health Professional (AMHP).
- Care Coordinator.
- Mental Health Nurse.
- Social Worker.
- Carer.



Scan the code or visit our website to find out more  
[www.mhma.org.uk/mental-health-breathing-space](http://www.mhma.org.uk/mental-health-breathing-space)  
or call us on 0808 801 0745

Rethink  
Mental  
Illness.