

Closing the Gap



Who is it for?

Anyone over the age of 18 living in Buckinghamshire who is struggling with both financial challenges and mental ill health.

What to expect

This service is delivered in partnership with Citizens Advice Bucks and Bucks Mind to provide two forms of support - financial and mental health.

Financial Capability Support: Provided by Citizens Advice Bucks via their Money Advice team. An assessment with one of their advisors will allow them to understand the challenges you are facing and provide advice, information and practical steps to help you move forward.

Mental Health Support: Provided by Bucks Mind via their Supported Self Help Programme. An initial assessment, lasting approximately 40 minutes, with a Supported Self Help (SSH) practitioner will ensure the programme is right for you.

As part of the programme, you will work with your SSH practitioner for six to eight weeks. During this time, you will be provided with materials and tools to help you recognise and understand the emotions you are experiencing and boost how you are feeling.



Across the six weeks you will have five 20 minute sessions either in person or by telephone, which will be based on cognitive behavioural therapy (CBT) approaches.



The sessions will also provide an opportunity for your SSH practitioner to check in with you and provide any support needed.

Privacy and Data Sharing

As this project is delivered in partnership, there will be a requirement of sharing information as part of the referral process and to ensure each charity is supporting you in the right way.

For further details on how we use your information as part of this service, please visit: www.bucksmind.org.uk/closing-the-gap

This service is a partnership between Citizens Advice Bucks and Buckinghamshire Mind, funded by The National Lottery Community Fund.

Buckinghamshire Mind (Buckinghamshire and East Berkshire Mind) is a registered charity (no. 1103063)

