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# Are you a new parent or soon-to-be parent? Struggling with your money & mental health? We can help you

We provide free, confidential and impartial money advice and support to help you take back control of your money.



You will receive a dedicated specialist advisor who can support you to:

- ✓ deal with any debts (incl. help to secure write-off of debts)
- ✓ manage money better
- ✓ identify and claim any benefits
- ✓ improve mental health & wellbeing, **and more**

To get help now, email us at:  
**referral@nwkent.cab.org.uk**

For more information about the service, scan the QR code to visit our website



We are independent of creditors, the Council and Government  
We don't share any information you tell us without your consent



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# Money & Perinatal Mental Health Advice Service

A free and confidential service for mothers (or partners of mothers) who are pregnant or have a child under the age of one **and** are experiencing perinatal mental health and money issues.



**You will receive a dedicated specialist advisor who can support you to:**

- ✓ deal with any debts (incl. help to secure write-off of debts)
- ✓ manage money better
- ✓ identify and claim any benefits
- ✓ improve mental health & wellbeing, **and more**

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[referral@nwkent.cab.org.uk](mailto:referral@nwkent.cab.org.uk)**

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