



In partnership with



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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