

Financial and Wellbeing Support Service in Epsom & Ewell

Are financial worries affecting your wellbeing?
Is stress and anxiety impacting your ability to
manage your finances?
We can help!

Delivered by:



Inspiring Mental Wellbeing

**citizens
advice**

**Epsom
& Ewell**

Funded by:



Our FREE new Financial and Wellbeing Support Service in Epsom & Ewell combines expert benefits and money advice from Citizens Advice Epsom & Ewell and specialist wellbeing support from mental health charity Mary Frances Trust to support you at this difficult time.

Our aim is to

- Increase your financial resilience and independence
- Improve your overall mental and/or emotional wellbeing
- Reduce your stress and anxiety
- Increase your engagement with your local community and reduce social isolation
- Feel more informed about how to manage your finances and wellbeing in future

What to expect

Our Case Workers from Citizens Advice Epsom & Ewell and Mary Frances Trust will work with you and support you to improve your financial situation and emotional wellbeing through a series of face-to-face, telephone or online appointments. You may be signposted to further support where appropriate.

Face-to-face meetings will take place at a mutually convenient location in your local community (we are not able to do home visits).

How to access the service

If you are 18+ and living in Epsom & Ewell and surrounding areas, you can register with either provider (no need to contact both).

Once you contact us, our Case Workers will normally get back to you within two working days to set up an initial appointment and discuss your needs.



Inspiring Mental Wellbeing

Citizens Advice Epsom & Ewell

Email: fwss@caee.org.uk

Tel: 01372 300421

www.caee.org.uk

Registered charity no. 1085779

Mary Frances Trust

Email: fwss@maryfrancestrust.org.uk

Tel/SMS: 07380 567708

www.maryfrancestrust.org.uk

Registered charity no.1055113