

# Financial and Wellbeing Support Service in Surrey Heath

Are financial worries affecting your wellbeing?  
Are stress and anxiety impacting your ability to  
manage your finances?

We can help!

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Our FREE new Financial and Wellbeing Support Service in Surrey Heath combines expert benefits and money advice from Citizens Advice Surrey Heath and specialist wellbeing support from mental health charity Catalyst 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 Surrey Heath and Catalyst 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 Surrey Heath, 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.



Citizens Advice Surrey Heath

Email: [FWSS@ca-sh.org.uk](mailto:FWSS@ca-sh.org.uk)

Tel/SMS: 07719 362300

Registered charity no. 1118181

Catalyst

Email: [fwss@catalystsupport.org.uk](mailto:fwss@catalystsupport.org.uk)

Registered charity no. 1075892