

Some useful links relating to support available with regards to money worries;

- Mental Wellbeing Hampshire: [Money and Debt webpage](#)
- Connect to Support Hampshire: [Cost of living and money worries](#)
- Young Minds guide for parents: Money and mental health
- [YGAM Parent Hub](#): Providing parents with knowledge and resources about gaming and gambling
- [BigDeal](#): Gambling advice, information and support for young people
- Mental Wellbeing Hampshire also has links to local and national mental wellbeing support for [Children and Young People](#)