

DID YOU KNOW

GroceryAid helps with mental health issues including, anxiety, stress and depression?



MIKE'S STORY

Mike is in his 30's and has worked for a supermarket for the last ten years.

In the past year, Mike has suffered from depression and anxiety which has forced him to have time off work. His sick pay ran out meaning that he's now on Universal Credit and the combination of the delay in receiving money after he applied and the reduction in income means that he has run up debts for rent and council tax.

We encouraged Mike to get debt advice and Citizens Advice suggested the best course of action was a debt relief order. GroceryAid helped with the fee of £90 to enable him to be debt-free. Mike is also using the GroceryAid

Helpline for emotional support and has been offered counselling.

