



Poverty and Mental Health

"I have a panic attack when a letter from the Job Centre comes through the door.

I am frightened of that place. Of the security guards and the way I am not believed.

It's all so stressful, and the panic attack arrives with the letter."

Poverty increases the risk of mental health problems and is both a cause and a consequence of mental ill health.

The Poverty Truth Commission call for:

- Regular mental health training for all involved in front-line services, particularly within the DWP.
- The links between poverty and mental health to be highlighted in anti stigma campaigns.
- Our systems to take a more human approach.





Poverty, Benefit Cuts and Assessments

"At my Benefits Appeal I felt as if I was on trial for benefits fraud rather than having my needs fairly assessed."

Cuts to Child Tax Credits, the Benefit Cap and the 4 year freeze on Child Benefit have had devastating effects on families; while degrading health assessments have left many feeling like a fraud.

The Poverty Truth Commission call for:

- The abolition of the 2 Child Policy; lifting of the 4 year benefits freeze; and abolition of the Benefit Cap.
- A more holistic understanding of disability (relating to benefit needs) within government.
- Reduction in the disability benefits assessment period for children entering adulthood.



A close-up photograph of a bird's nest. The nest is constructed from a mix of green and yellow twigs and branches, some of which are thick and woody, while others are thin and fibrous. The background is a soft, out-of-focus light brown color, suggesting a natural, outdoor setting. The overall composition is abstract and textured.

Poverty and Asylum

"Every time I went to the Housing Office, the receptionist would shout at me to go away."

Seeking safety and asylum in our country, many are faced with poverty, racism, housing issues and deteriorating mental health.

The Poverty Truth Commission call for:

- Increased support for asylum seekers to engage in meaningful activities (at a time when they do not have the right to work.)
- Increased recognition of what refugees and asylum seekers contribute and bring to our country.
- A timescale for the right to remain process that is clear and respected.

