

Financial Wellbeing

We all have mental health and at some point, life or work events may cause us to have some negative health and wellbeing issues.

The university wishes to be a supportive environment for colleagues when they are experiencing negative mental health and wellbeing and there are a number of ways colleagues can seek and receive support.

A number of common health and wellbeing scenarios have been presented which aim to provide colleagues with a pathway to seeking and receiving support.

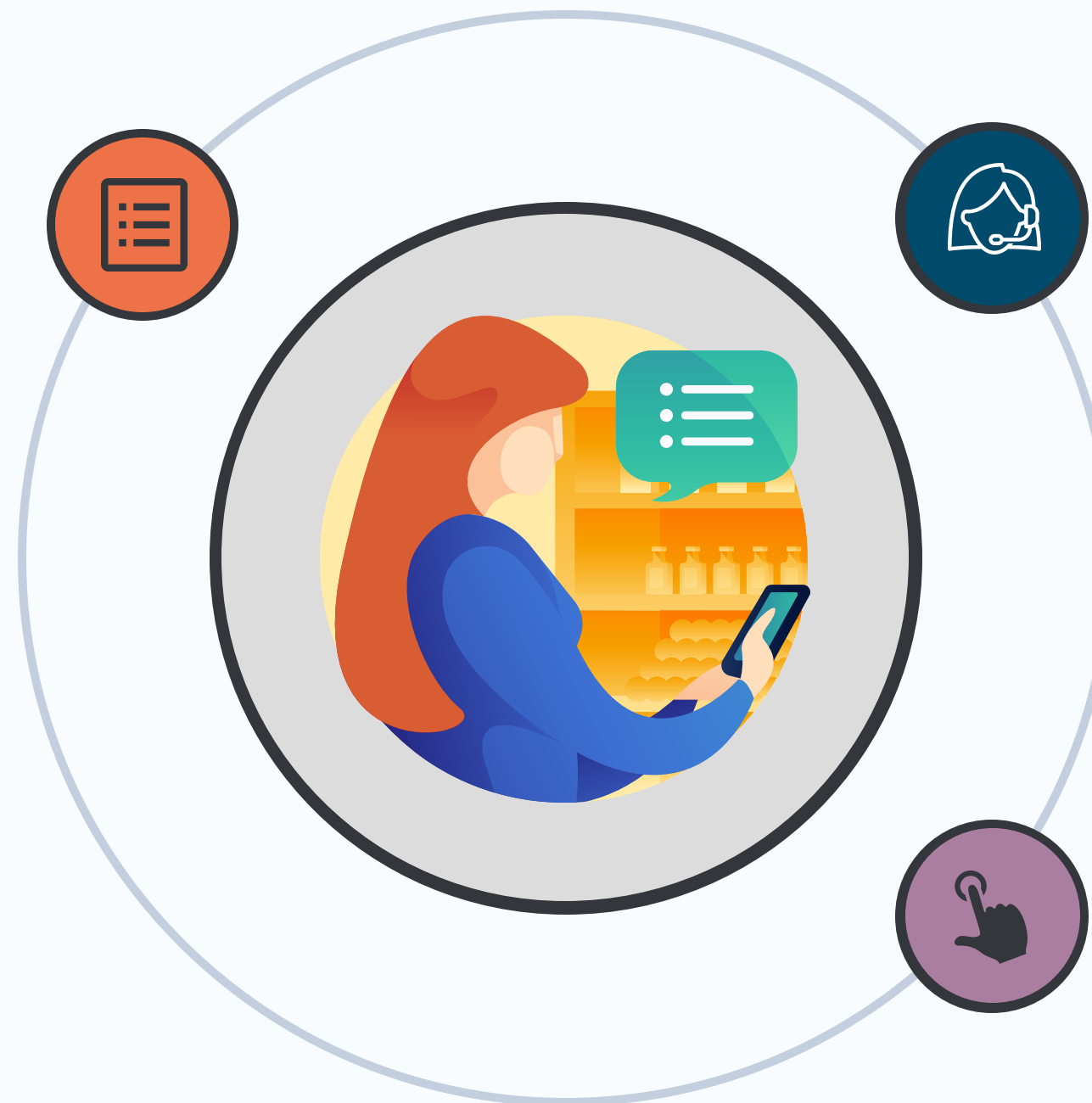
Internal Resources

The University offers a number of financial wellbeing options:

Salary Finance is an employee benefit to help improve financial wellbeing and happiness in the workplace. It provides access to affordable, salary-deducted loans and saving options.

First Scottish University Credit Union offering staff saving options.

Santander Universities Network offering staff flexible ISAs.



Employee Assistance Programme

MCL Medics is the University's Employee Assistance Programme and they provide a free, confidential and independent resource to help employees balance their work, family and personal lives providing advice, information and assistance on a range of topics, including financial support and legal advice. Also provides access to a self referred counselling service allowing the employee to speak to a counsellor directly. Follow the steps on the webpage to access this resource.

External Resources

There is a number of external support agencies and charities who provide dedicated support to those who are experiencing money worries/debt. Refer to Money Advice Scotland who offer confidential advice concerning debt or Support in Mind who run a dedicated Mental Health and Money Advice Service in Scotland .

[Intranet Health & Wellbeing Home Page](#)