

Money, Mental Health, Income & Gambling Survey

ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 1

Q1. Have you ever experienced a mental health problem?**Base: All respondents**

	Gender			Age						Social Grade				Region										Employment Sector				
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	North-ern Ireland	Public	Private	Opinion Influencer
Unweighted base	2096	1036	1060	243	371	302	348	332	500	680	587	360	469	165	86	240	177	163	161	110	188	229	306	201	70	343	878	175
Weighted base	2096	1023	1073	233	362	335	371	310	485	572	589	425	509	177	85	234	171	181	148	102	195	275	285	181	63	333	876	161
NET: Yes	677	272	405	94	156	131	121	100	74	157	200	127	193	59	28	78	50	62	46	28	62	71	110	64	18	121	273	68
	32%	27%	38%	41%	43%	39%	33%	32%	15%	27%	34%	30%	38%	33%	33%	33%	29%	34%	31%	28%	32%	26%	39%	36%	29%	36%	31%	42%
Yes, in the last 24 months	398	155	243	71	106	82	72	44	22	84	109	82	123	37	15	42	30	35	26	19	35	43	72	33	11	70	156	35
	19%	15%	23%	31%	29%	24%	20%	14%	4%	15%	19%	19%	24%	21%	17%	18%	19%	17%	17%	19%	18%	16%	25%	18%	17%	21%	18%	21%
Yes, more than 24 months ago	279	117	162	23	50	49	48	56	52	73	91	45	70	22	13	37	20	26	21	9	27	28	38	31	8	51	117	33
	13%	11%	15%	10%	14%	15%	13%	18%	11%	13%	15%	11%	14%	12%	16%	16%	15%	14%	9%	14%	10%	13%	17%	12%	15%	13%	21%	
No, I have never experienced a mental health problem	1274	688	586	101	178	182	224	199	390	372	353	272	276	109	53	143	105	102	96	67	119	183	151	105	42	191	546	84
	61%	67%	55%	43%	49%	54%	60%	64%	80%	65%	60%	64%	54%	62%	63%	61%	62%	56%	64%	65%	61%	67%	53%	58%	67%	57%	62%	52%
Would prefer not to say	88	39	49	21	14	14	20	8	11	27	21	15	25	6	1	8	13	12	4	4	6	14	15	6	1	12	32	6
	4%	4%	5%	9%	4%	4%	5%	3%	2%	5%	3%	4%	5%	3%	1%	4%	8%	7%	2%	4%	3%	5%	5%	3%	1%	4%	4%	4%
Don't know	57	24	34	16	14	8	6	3	10	16	15	11	16	3	3	5	2	6	3	3	8	7	9	6	2	9	25	3
	3%	2%	3%	7%	4%	3%	2%	1%	2%	3%	3%	3%	3%	2%	4%	2%	1%	3%	2%	3%	4%	3%	3%	3%	3%	3%	3%	2%

Money, Mental Health, Income & Gambling Survey
ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 2

Q1. Have you ever experienced a mental health problem?**Base: All respondents**

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Unweighted base	2096	690	409	281	1256	91	59
Weighted base	2096	677	398	279	1274	88	57
NET: Yes	677 32%	677 100%	398 100%	279 100%	-	-	-
Yes, in the last 24 months	398 19%	398 59%	398 100%	-	-	-	-
Yes, more than 24 months ago	279 13%	279 41%	-	279 100%	-	-	-
No, I have never experienced a mental health problem	1274 61%	-	-	-	1274 100%	-	-
Would prefer not to say	88 4%	-	-	-	-	88 100%	-
Don't know	57 3%	-	-	-	-	-	57 100%

Money, Mental Health, Income & Gambling Survey

ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 3
Q2. If you lost the main source of income coming into your household, for how long would your household be able to make ends meet e.g. pay for bills and other essential expenses?
Base: All respondents

	Gender			Age						Social Grade				Region										Employment Sector		Opinion Influencer		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East of London	London	South East	South West	North Ireland		Public	Private
Unweighted base	2096	1036	1060	243	371	302	348	332	500	680	587	360	469	165	86	240	177	163	161	110	188	229	306	201	70	343	878	175
Weighted base	2096	1023	1073	233	362	335	371	310	485	572	589	425	509	177	85	234	171	181	148	102	195	275	285	181	63	333	876	161
Less than 1 week	146 7%	51 5%	95 9%	9 4%	41 11%	39 12%	31 8%	13 4%	13 3%	19 3%	32 5%	28 7%	67 13%	12 7%	6 7%	24 10%	12 7%	10 5%	7 5%	7 7%	12 6%	17 6%	25 9%	12 7%	2 4%	18 5%	61 7%	17 11%
1 week or more but less than 1 month	247 12%	106 10%	141 13%	29 13%	58 16%	56 17%	59 16%	24 8%	21 4%	46 8%	67 11%	43 10%	91 18%	33 19%	8 10%	37 16%	14 8%	21 11%	16 11%	13 13%	18 9%	29 11%	30 10%	18 10%	11 17%	48 14%	108 12%	23 14%
1 month or more but less than 3 months	422 20%	203 20%	219 20%	51 22%	86 24%	82 25%	96 26%	57 18%	49 10%	93 16%	123 21%	113 27%	93 18%	40 23%	15 17%	46 20%	36 21%	35 19%	29 20%	24 24%	41 21%	57 21%	51 18%	32 17%	16 26%	94 28%	226 26%	41 26%
3 months or more but less than 6 months	294 14%	148 14%	147 14%	33 14%	54 15%	56 17%	49 13%	48 15%	55 11%	90 16%	88 15%	60 14%	56 11%	21 12%	15 18%	29 12%	26 15%	28 16%	17 12%	15 15%	32 16%	41 15%	40 14%	21 12%	9 15%	61 18%	141 16%	27 17%
6 months or more but less than 12 months	199 10%	102 10%	97 9%	15 6%	22 6%	25 8%	43 12%	35 11%	59 12%	72 13%	45 8%	44 10%	38 7%	10 6%	12 14%	20 9%	17 10%	19 10%	16 11%	8 8%	19 10%	24 9%	27 10%	20 11%	6 10%	28 8%	90 10%	11 7%
12 months or more	471 22%	289 28%	182 17%	17 7%	44 12%	37 11%	64 17%	95 31%	215 44%	184 32%	147 25%	77 18%	64 13%	39 22%	20 23%	50 21%	33 19%	37 21%	38 26%	29 28%	42 21%	59 21%	62 22%	51 28%	13 20%	51 15%	157 18%	31 19%
Don't know	316 15%	123 12%	192 18%	79 34%	57 16%	40 12%	29 8%	39 13%	72 15%	68 12%	86 15%	60 14%	101 20%	21 12%	9 11%	29 12%	33 19%	31 17%	25 17%	7 7%	32 16%	48 18%	49 17%	27 15%	5 8%	33 10%	94 11%	11 7%

Money, Mental Health, Income & Gambling Survey
ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 4
Q2. If you lost the main source of income coming into your household, for how long would your household be able to make ends meet e.g. pay for bills and other essential expenses?
Base: All respondents

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Unweighted base	2096	690	409	281	1256	91	59
Weighted base	2096	677	398	279	1274	88	57
Less than 1 week	146 7%	85 13%	63 16%	22 8%	52 4%	7 8%	2 4%
1 week or more but less than 1 month	247 12%	112 17%	71 18%	41 15%	120 9%	10 11%	5 9%
1 month or more but less than 3 months	422 20%	143 21%	85 21%	58 21%	250 20%	17 19%	12 21%
3 months or more but less than 6 months	294 14%	92 14%	52 13%	40 14%	180 14%	14 16%	8 14%
6 months or more but less than 12 months	199 10%	52 8%	29 7%	24 9%	142 11%	4 5%	1 1%
12 months or more	471 22%	92 14%	33 8%	59 21%	354 28%	12 13%	13 23%
Don't know	316 15%	99 15%	64 16%	35 13%	176 14%	24 27%	17 29%

Money, Mental Health, Income & Gambling Survey
ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 5
Q2. If you lost the main source of income coming into your household, for how long would your household be able to make ends meet e.g. pay for bills and other essential expenses?
Base: All respondents
 FILTER: All aged 18-64

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Unweighted base	1596	612	385	227	853	80	51
Weighted base	1611	603	376	227	884	77	48
Less than 1 week	133 8%	82 14%	62 17%	20 9%	42 5%	6 8%	2 4%
1 week or more but less than 1 month	226 14%	110 18%	70 19%	39 17%	102 12%	9 11%	5 11%
1 month or more but less than 3 months	373 23%	133 22%	83 22%	50 22%	217 25%	13 18%	9 20%
3 months or more but less than 6 months	239 15%	87 14%	51 14%	36 16%	133 15%	13 17%	5 11%
6 months or more but less than 12 months	140 9%	44 7%	24 6%	20 9%	91 10%	4 6%	1 1%
12 months or more	257 16%	59 10%	26 7%	33 14%	179 20%	10 13%	9 19%
Don't know	243 15%	87 14%	58 16%	29 13%	119 14%	21 27%	16 33%

Money, Mental Health, Income & Gambling Survey

ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 6

Q3. As a result of the coronavirus crisis, has your monthly household income changed?**Base: All respondents**

	Gender			Age						Social Grade				Region										Employment Sector				
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	North-ern Ire-land	Public	Pri-vate	Opin-ion Influ-encer
Unweighted base	2096	1036	1060	243	371	302	348	332	500	680	587	360	469	165	86	240	177	163	161	110	188	229	306	201	70	343	878	175
Weighted base	2096	1023	1073	233	362	335	371	310	485	572	589	425	509	177	85	234	171	181	148	102	195	275	285	181	63	333	876	161
No, it has not changed	1095 52%	529 52%	565 53%	90 39%	165 46%	145 43%	174 47%	152 49%	369 76%	310 54%	334 57%	168 40%	282 55%	93 53%	51 59%	134 57%	85 50%	95 53%	75 51%	53 52%	115 59%	104 38%	154 54%	97 54%	38 61%	176 53%	322 37%	67 42%
NET: Yes	949 45%	470 46%	479 45%	123 53%	180 50%	183 55%	195 52%	155 50%	113 23%	248 43%	237 40%	252 59%	212 42%	79 45%	32 38%	96 41%	84 49%	82 45%	72 48%	47 47%	76 39%	154 56%	125 44%	78 43%	23 37%	154 46%	535 61%	91 56%
NET: Gone up	194 9%	102 10%	92 9%	24 10%	39 11%	46 14%	29 8%	29 9%	27 5%	47 8%	55 9%	31 7%	61 12%	22 12%	8 10%	26 11%	14 8%	17 9%	10 7%	11 10%	13 7%	29 11%	24 8%	16 9%	5 8%	47 14%	71 8%	31 19%
Yes, it's gone up a lot	45 2%	23 2%	22 2%	6 3%	16 4%	11 3%	7 2%	5 1%	1 *	13 2%	10 2%	11 3%	11 2%	9 5%	- -	8 3%	4 2%	5 3%	2 1%	3 3%	3 1%	6 2%	2 1%	4 2%	1 1%	13 4%	19 2%	12 7%
Yes, it's gone up a little	149 7%	79 8%	70 6%	18 8%	24 7%	35 10%	23 6%	24 8%	26 5%	34 6%	44 8%	20 5%	50 10%	12 7%	8 10%	18 8%	10 6%	12 7%	8 5%	7 7%	10 5%	23 8%	22 8%	12 7%	5 7%	34 10%	52 6%	19 12%
Yes, it's gone down a little	467 22%	232 23%	236 22%	63 27%	88 24%	87 26%	91 24%	76 24%	62 13%	144 25%	119 20%	132 31%	72 14%	36 20%	17 20%	54 23%	47 28%	34 19%	39 26%	23 22%	39 20%	66 24%	63 22%	41 22%	10 16%	74 22%	273 31%	28 17%
Yes, it's gone down a lot	288 14%	136 13%	152 14%	36 15%	53 14%	50 15%	74 20%	51 16%	24 5%	57 10%	64 11%	88 21%	78 15%	22 13%	7 8%	17 7%	23 13%	31 17%	23 15%	14 14%	23 12%	59 21%	38 14%	22 12%	8 13%	33 10%	191 22%	32 20%
NET: Gone down	755 36%	368 36%	387 36%	99 42%	141 39%	137 41%	165 45%	127 41%	87 18%	201 35%	183 31%	220 52%	151 30%	58 33%	24 28%	70 30%	70 41%	65 36%	62 42%	37 36%	63 32%	125 45%	101 35%	63 35%	18 29%	107 32%	464 53%	60 37%
Don't know	52 2%	24 2%	29 3%	20 9%	17 5%	7 2%	2 *	3 1%	3 1%	14 2%	17 3%	5 1%	15 3%	4 2%	3 3%	4 2%	3 2%	3 2%	1 1%	2 1%	4 2%	17 6%	6 2%	5 3%	1 2%	4 1%	20 2%	3 2%

Money, Mental Health, Income & Gambling Survey
ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 7

Q3. As a result of the coronavirus crisis, has your monthly household income changed?

Base: All respondents

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Unweighted base	2096	690	409	281	1256	91	59
Weighted base	2096	677	398	279	1274	88	57
No, it has not changed	1095 52%	333 49%	193 49%	139 50%	699 55%	38 43%	25 44%
NET: Yes	949 45%	334 49%	196 49%	138 50%	548 43%	43 49%	24 41%
NET: Gone up	194 9%	74 11%	43 11%	32 11%	104 8%	12 14%	4 7%
Yes, it's gone up a lot	45 2%	23 3%	15 4%	9 3%	19 1%	2 2%	1 1%
Yes, it's gone up a little	149 7%	51 8%	28 7%	23 8%	85 7%	10 11%	3 5%
Yes, it's gone down a little	467 22%	161 24%	91 23%	70 25%	279 22%	17 19%	11 19%
Yes, it's gone down a lot	288 14%	99 15%	62 16%	36 13%	166 13%	14 16%	9 16%
NET: Gone down	755 36%	260 38%	154 39%	106 38%	445 35%	31 35%	20 35%
Don't know	52 2%	10 1%	8 2%	1 1%	27 2%	7 8%	8 15%

Money, Mental Health, Income & Gambling Survey

ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 8

Q3. As a result of the coronavirus crisis, has your monthly household income changed?

Base: All respondents

FILTER: All aged 18-64

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Unweighted base	1596	612	385	227	853	80	51
Weighted base	1611	603	376	227	884	77	48
No, it has not changed	726 45%	270 45%	176 47%	94 41%	410 46%	29 37%	18 37%
NET: Yes	836 52%	324 54%	191 51%	132 58%	450 51%	41 53%	21 45%
NET: Gone up	167 10%	73 12%	42 11%	31 14%	79 9%	12 16%	4 8%
Yes, it's gone up a lot	44 3%	23 4%	15 4%	9 4%	18 2%	2 3%	1 2%
Yes, it's gone up a little	123 8%	49 8%	27 7%	22 10%	60 7%	10 13%	3 6%
Yes, it's gone down a little	405 25%	154 26%	89 24%	65 29%	226 26%	15 19%	10 20%
Yes, it's gone down a lot	264 16%	97 16%	60 16%	36 16%	145 16%	14 18%	8 17%
NET: Gone down	669 42%	251 42%	150 40%	101 45%	371 42%	29 37%	18 37%
Don't know	49 3%	9 1%	8 2%	1 *	24 3%	7 10%	8 18%

Money, Mental Health, Income & Gambling Survey

ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 9

Q4. What, if anything, have you done to adjust to this drop in income?
Base: All respondents whose monthly household income has gone down

	Gender			Age						Social Grade					Region										Employment Sector			
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humber	West Midlands	East Midlands	Wales	East of London	London	South East	South West	North Ireland	Public	Private	Opinion Influencer
Unweighted base	755	370	385	104	149	125	152	135	90	240	187	189	139	54	26	73	71	60	65	39	65	104	109	68	21	110	469	69
Weighted base	755	368	387	99	141	137	165	127	87	201	183	220	151	58	24	70	70	65	62	37	63	125	101	63	18	107	464	60
Spent less on luxuries/ non-essential items or services	408 54%	191 52%	217 56%	58 58%	83 59%	72 53%	88 53%	70 55%	38 44%	110 55%	100 55%	118 53%	80 53%	31 54%	11 46%	29 42%	42 60%	34 52%	35 56%	19 52%	30 47%	75 61%	57 57%	32 51%	12 67%	66 62%	259 56%	36 61%
Used savings	252 33%	123 33%	129 33%	45 46%	32 22%	41 30%	56 34%	49 39%	29 34%	65 32%	56 31%	80 36%	51 34%	16 27%	7 28%	16 23%	14 20%	21 32%	18 29%	7 19%	24 38%	59 47%	40 40%	25 40%	5 27%	34 32%	158 34%	30 50%
Spent less on essential items or services e.g. food, medicine, electricity, heating	200 27%	87 24%	114 29%	26 26%	41 29%	40 29%	43 26%	39 31%	11 13%	40 20%	54 29%	66 30%	41 27%	14 24%	4 19%	14 20%	22 32%	17 25%	19 30%	11 29%	13 21%	37 30%	24 24%	20 31%	5 25%	26 24%	125 27%	24 40%
Applied for or received state benefits e.g. Universal Credit	76 10%	40 11%	36 9%	13 13%	17 12%	15 11%	21 13%	9 7%	1 1%	14 7%	15 8%	25 11%	22 15%	7 12%	2 7%	3 4%	8 12%	8 12%	5 7%	5 13%	5 8%	14 11%	12 12%	6 10%	2 13%	14 13%	54 12%	6 10%
Borrowed from friends and family	61 8%	18 5%	43 11%	11 11%	13 9%	18 13%	9 6%	7 5%	2 3%	7 4%	18 10%	10 5%	25 17%	9 15%	1 6%	11 16%	4 5%	2 3%	3 5%	2 5%	1 2%	15 12%	8 8%	5 8%	- -	10 10%	33 7%	10 17%
Missed debt repayments	50 7%	20 5%	30 8%	4 4%	16 12%	11 8%	14 9%	5 4%	- -	5 3%	9 5%	18 8%	18 12%	6 10%	- -	5 7%	6 9%	5 7%	2 3%	2 4%	4 7%	10 8%	8 8%	2 4%	- -	9 9%	28 6%	6 11%
Missed bill payments e.g. energy, water, council tax, internet	47 6%	18 5%	29 7%	- -	13 9%	9 7%	11 7%	13 10%	1 1%	8 4%	9 5%	11 5%	18 12%	5 9%	1 3%	5 7%	3 4%	2 3%	3 4%	2 4%	3 4%	9 7%	9 9%	6 9%	1 4%	8 8%	26 6%	6 10%
Missed rent or mortgage payments	31 4%	15 4%	16 4%	- -	7 5%	9 7%	9 5%	5 4%	- -	5 2%	6 3%	12 5%	8 5%	5 9%	1 3%	2 3%	2 3%	2 3%	5 7%	1 2%	1 1%	5 4%	5 5%	2 3%	- -	5 5%	21 5%	6 10%
Borrowed from another person (e.g. friend of a friend, someone from the local area or a loan shark)	26 3%	11 3%	15 4%	1 1%	11 7%	9 7%	3 2%	2 2%	- -	7 4%	7 4%	2 1%	10 7%	4 6%	1 3%	8 11%	- -	4 7%	1 2%	1 2%	1 1%	4 4%	- -	2 2%	1 6%	3 3%	17 4%	9 15%
Borrowed from a bank or credit union	14 2%	8 2%	7 2%	- -	7 5%	3 2%	2 1%	1 1%	2 2%	7 3%	2 1%	3 1%	2 2%	1 2%	- -	- -	- -	4 6%	1 1%	- -	1 2%	5 4%	- -	3 5%	- -	2 2%	11 2%	4 7%

Money, Mental Health, Income & Gambling Survey

ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 9

Q4. What, if anything, have you done to adjust to this drop in income?**Base: All respondents whose monthly household income has gone down**

	Gender			Age						Social Grade				Region										Employment Sector			Opinion Influencer	
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	Scotland	North East	North West	Yorkshire & Humberside	West Midlands	East Midlands	Wales	East-ern	London	South East	South West	North-ern Ireland	Public		Private
Weighted base	755	368	387	99	141	137	165	127	87	201	183	220	151	58	24	70	70	65	62	37	63	125	101	63	18	107	464	60
Other	32 4%	18 5%	14 4%	5 5%	8 5%	6 5%	7 4%	2 2%	3 4%	10 5%	8 4%	5 2%	9 6%	3 5%	- -	2 4%	5 7%	2 3%	6 9%	3 9%	4 6%	1 1%	3 3%	3 5%	- -	3 3%	19 4%	3 4%
Nothing	148 20%	78 21%	70 18%	13 14%	25 18%	22 16%	38 23%	23 18%	28 33%	43 21%	39 21%	39 18%	27 18%	15 26%	6 24%	19 27%	12 18%	13 19%	8 13%	8 21%	19 30%	18 15%	16 15%	12 19%	4 21%	17 16%	84 18%	2 4%
Don't know	5 1%	4 1%	1 *	2 2%	- -	1 *	2 1%	- -	1 1%	4 2%	1 *	1 1%	- -	- -	- -	1 1%	1 2%	2 2%	- -	- -	- -	- -	1 1%	1 1%	- -	- -	2 *	- -

Money, Mental Health, Income & Gambling Survey

ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 10

Q4. What, if anything, have you done to adjust to this drop in income?**Base: All respondents whose monthly household income has gone down**

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Unweighted base	755	273	165	108	428	33	21
Weighted base	755	260	154	106	445	31	20
Spent less on luxuries/ non-essential items or services	408 54%	150 58%	90 59%	59 56%	233 52%	14 46%	12 58%
Used savings	252 33%	83 32%	49 32%	34 32%	149 34%	10 34%	9 47%
Spent less on essential items or services e.g. food, medicine, electricity, heating	200 27%	80 31%	48 31%	32 31%	108 24%	10 32%	2 12%
Applied for or received state benefits e.g. Universal Credit	76 10%	28 11%	20 13%	8 7%	42 10%	4 12%	1 7%
Borrowed from friends and family	61 8%	24 9%	16 10%	8 8%	33 8%	2 7%	1 3%
Missed debt repayments	50 7%	27 10%	16 10%	11 10%	20 4%	3 10%	- -
Missed bill payments e.g. energy, water, council tax, internet	47 6%	20 8%	15 10%	6 5%	25 6%	2 6%	- -
Missed rent or mortgage payments	31 4%	17 6%	12 8%	4 4%	12 3%	3 9%	- -
Borrowed from another person (e.g. friend of a friend, someone from the local area or a loan shark)	26 3%	9 3%	7 5%	2 2%	16 4%	1 4%	- -
Borrowed from a bank or credit union	14 2%	4 2%	4 2%	1 1%	10 2%	- -	- -
Other	32 4%	19 7%	10 7%	9 8%	10 2%	- -	3 13%

Money, Mental Health, Income & Gambling Survey
ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 10

Q4. What, if anything, have you done to adjust to this drop in income?**Base: All respondents whose monthly household income has gone down**

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Weighted base	755	260	154	106	445	31	20
Nothing	148 20%	49 19%	23 15%	26 25%	90 20%	4 14%	5 24%
Don't know	5 1%	1 *	1 1%	- -	4 1%	1 2%	- -

Money, Mental Health, Income & Gambling Survey

ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 11

Q4. What, if anything, have you done to adjust to this drop in income?**Base: All respondents whose monthly household income has gone down**

FILTER: All aged 18-64

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Unweighted base	665	261	160	101	354	31	19
Weighted base	669	251	150	101	371	29	18
Spent less on luxuries/ non-essential items or services	371 55%	145 58%	89 59%	56 56%	201 54%	13 45%	12 65%
Used savings	223 33%	79 32%	47 31%	32 32%	126 34%	9 33%	8 47%
Spent less on essential items or services e.g. food, medicine, electricity, heating	189 28%	78 31%	47 31%	32 31%	100 27%	9 31%	2 13%
Applied for or received state benefits e.g. Universal Credit	75 11%	28 11%	20 14%	8 8%	42 11%	4 13%	1 8%
Borrowed from friends and family	58 9%	24 10%	16 11%	8 8%	31 8%	2 7%	1 4%
Missed debt repayments	50 7%	27 11%	16 11%	11 11%	20 5%	3 11%	- -
Missed bill payments e.g. energy, water, council tax, internet	46 7%	20 8%	14 9%	6 6%	25 7%	2 6%	- -
Missed rent or mortgage payments	31 5%	17 7%	12 8%	4 4%	12 3%	3 9%	- -
Borrowed from another person (e.g. friend of a friend, someone from the local area or a loan shark)	26 4%	9 4%	7 5%	2 2%	16 4%	1 4%	- -
Borrowed from a bank or credit union	13 2%	4 2%	4 2%	1 1%	8 2%	- -	- -

Money, Mental Health, Income & Gambling Survey
ONLINE Fieldwork: 7th to 10th May 2020

Absolutes/col percents

Table 11

Q4. What, if anything, have you done to adjust to this drop in income?**Base: All respondents whose monthly household income has gone down**

FILTER: All aged 18-64

	Q1. Have you ever experienced a mental health problem?						
	Total	NET: Yes	Yes, in the last 24 months	Yes, more than 24 months ago	No, I have never experienced a mental health problem	Would prefer not to say	Don't know
Weighted base	669	251	150	101	371	29	18
Other	28	17	10	7	8	-	3
	4%	7%	7%	7%	2%	-	14%
Nothing	120	48	22	26	65	3	4
	18%	19%	15%	26%	17%	11%	21%
Don't know	5	1	1	-	3	1	-
	1%	*	1%	-	1%	2%	-