

Citizens Advice Wakefield District Newsletter

April 2018

Are you ready for the General Data Protection Regulation (GDPR)?

The GDPR is a new data protection law that will replace the Data Protection Act (1998) on 25th May 2018. Organisations must be able to demonstrate to individuals and the Information Commissioners Office (ICO) that they are compliant. It's an evolution of the Data Protection Act, not a revolution.

Upcoming Events

June 2018

**Scams Awareness
Month**

Follow us on twitter
@wakefieldcab



Mental Health Awareness Week



14th—20th May 2018

This year for Mental Health Awareness Week the focus will be on **STRESS**. Research has shown that 16 million people experience a mental health problem each year and stress is a key factor in this.

By tackling stress, we can go along way to tackle mental health problems such as anxiety and depression, and in some instances, self-harm and suicide.

Visit the Mental Health Foundation www.mentalhealth.org.uk or follow them on twitter **@mentalhealth** to keep up to date with information of how to tackle stress and help improve mental health.

1st April 2017—31st March
2018

45% of the total clients*
accessing our service stated that
they considered themselves as
being disabled or managing a
long term health issue. 22% of
those stated they had a mental
health issue.

{*where full data profiling was obtained}

31% of those seeking debt advice stated they had mental health issues

34% of those seeking employment advice stated they had mental health issues

28% of those seeking housing advice stated they had mental health issues

56% of clients seeking benefits advice considered themselves disabled or having a long term health issue of those 19% stated they had mental health issues

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