

What Universal Basic Income
could do to improve mental health

(and, what UBI cannot achieve.)



PEACE OF MIND: EXPLORING UNIVERSAL BASIC INCOME'S POTENTIAL TO IMPROVE MENTAL HEALTH

Research Questions:

- Could a UBI safeguard mental health and prevent mental illness?
- By tackling social isolation, poverty and inequality could UBI also be a long-term strategy to prevent mental illness and improve mental health?

Methodology:

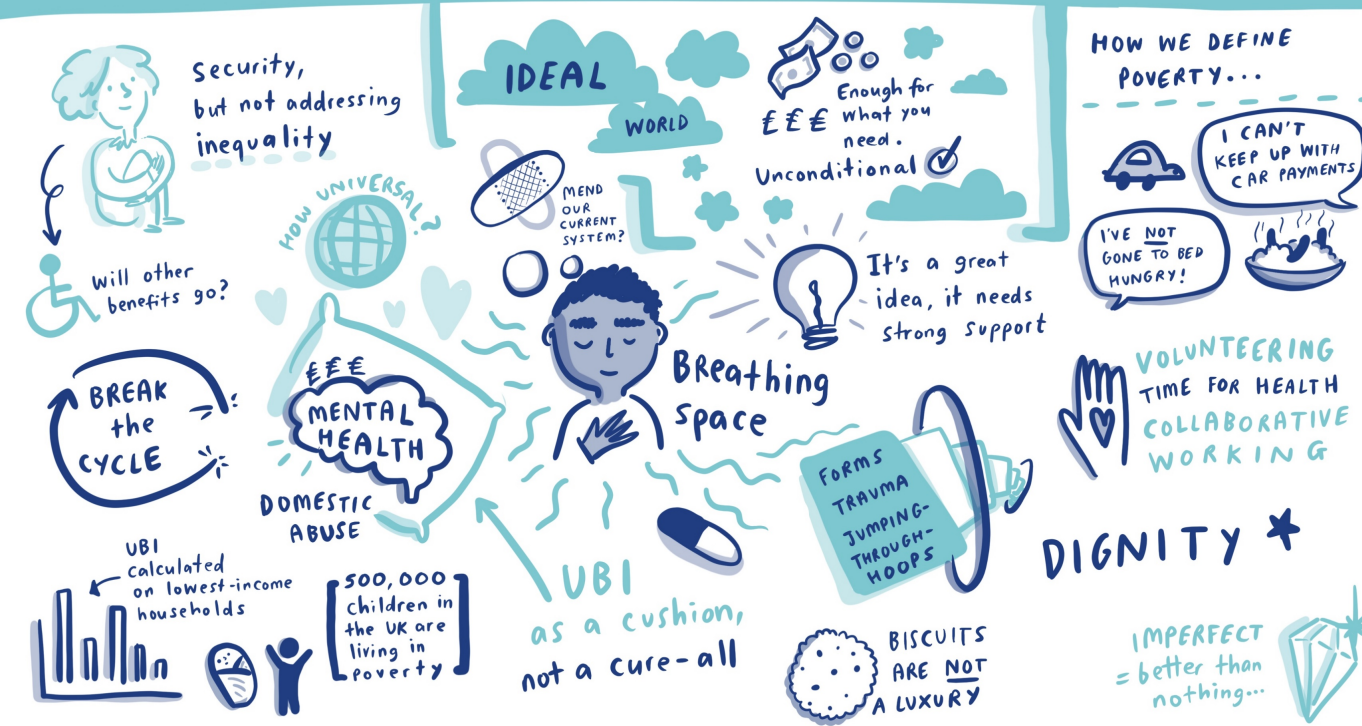
Mental health and social care professionals, mental health charities, people with lived experience of mental illness, benefits recipients, UBI advocates and young people brought together to explore how UBI could improve mental health and how this relates to the SDGs. The aim was to inform Universal Basic Income pilots planned for Scotland and elsewhere about the need to assess mental health outcomes.

"How am I supposed to look after my mental health when I don't have any money?"

"How can I think about earning money when I am struggling with my mental health?"

World exposure and dissemination:

Videos and reports presented and volunteers engaged at Basic Income Earth Network 2021 Congress, Glasgow
1000+ participants, 250+ speakers



Video Letter for Mental Health Awareness Week, 10-16 May 2021

<https://basicincomeconversation.org/page/basic-income-for-peace-of-mind>

Video outputs: Participants' Stories and One Word Stories

<https://youtu.be/1wH2ZWkc1a0>

https://youtu.be/_gMR4atqYHQ

<https://youtu.be/lcs9iHMk9g8>

<https://youtu.be/ro96xEB5wt4>

