**Damp and Mould Health risks, prevention and remedial actions.**

**Introduction**

Everyone has the right to a warm, secure and safe home and to be treated with dignity and fairness. Yet many people in England are living in a home with damp and mould, which may put their health at risk. Estimates of the number of homes in England with damp and mould range from 4% to 27% of homes, or 962,000 to 6.5 million households. The reported figure varies due to differences in how damp and mould is measured and how it is reported. People living in private or social rented housing are more likely to live in a home with damp and mould than are owner occupiers.

This advice document highlights the serious risks that damp and mould can pose to tenants’ health, the imperative to respond quickly, and the practical steps that should be taken both to address damp and mould and prevent them.

**What type of damp is it?**

There are approximately four different types of damp that are well known to professionals.

**Condensation damp** – This is the most common of all damps. Condensation damp happens when moisture generated inside the home cools and condenses onto colder parts of the buildings (for example window frames, corners and low points on walls behind sofas or wardrobes). This is the most common form of damp.

**Penetrating damp** – This is caused when water from the outside gets into the building by entering the fabric of the building through a defect, such as roof tiles missing, pointing between the bricks missing etc.

**Rising damp** – Although this damp is very commonly known, this is the rarest type of damp to exist. Rising damp is moisture from the ground that rises up through parts of the buildings in contact with the ground (walls and floors); it is often misdiagnosed. It can be identified through visual inspection; however chemical testing is the most appropriate way of confirming it.

**Traumatic damp** - Traumatic damp can be caused by leaking water from waste and heating pipes, overflowing baths or sinks, burst pipes or defective water storage vessels inside the building. Traumatic damp can also originate from outside the property, for example from another building or from environmental flooding.

**Summarizing The Difference Between Damp & Mould**

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| **Aspect** | **Damp** | **Mould** |
| Definition | Damp refers to the presence of excess moisture in a building, typically resulting from either condensation, penetrating damp or rising damp. It can cause damage to the fabric of the buildings and harm the health of occupants if not treated. | Mould appears as fuzzy or slimy patches in various colours, including black, green, yellow, or white. It often has a musty smell. |
| Cause | Damp can be caused by a few issues from choked up guttering, leaking roofs, leaking water pipes and poor drainage to landscapes, ground levels to the position of the property. For example, if your property is at the top of a windy hill or in a ditch that floods when it rains, your more likely to get damp issues in the property in the property located in the ditch. | The mould needs to be removed carefully to avoid spreading spores. Affected areas should be cleaned thoroughly, and damaged materials should be replaced if necessary. It is also crucial to address the underlying cause of the damp to prevent future growth. |
| Appearance | Damp typically manifests as wet patches, staining, peeling wallpaper or paint, and a musty smell. | Mould appears as fuzzy or slimy patches in various colours, including black, green, yellow, or white. It often has a musty smell. |
| Health Impact | Damp can cause respiratory problems, allergies, and asthma. Prolonged exposure can lead to serious health issues. | Mould can cause serious health issues, especially in people with pre-existing respiratory conditions or weakened immune systems. Exposure can lead to allergies, asthma attacks, and other respiratory issues. |
| Treatment | Damp is typically treated by repairing leaks, clearing gutters, making alterations to the drainage and landscape surrounding the property. In first instance where there are very high levels of moisture using dehumidifiers will help remove the excess moisture, this is not a long-term solution. However, improving ventilation within the property long term is vital to a dry warm property. | Damp can be prevented through regular building maintenance, ensuring adequate ventilation, and promptly addressing any leaks or moisture problems. Mould growth is caused by water droplets going stagnant. |
| Prevention | Damp prevention involves promptly addressing any damp sources. Regular cleaning and maintenance reduces risk of long term leaks. | Mould prevention involves controlling humidity levels, improving ventilation, and addressing any sources of damp promptly. Regular cleaning and maintenance can also prevent mould growth. |

Although mould and moisture are linked problems affecting houses and structures, they are separate issues. In contrast to mould, which is a type of fungus that can grow in damp environments, “damp” refers to excessive moisture or water that has seeped into a building’s structure.

While mould growth might result from damp, the two issues can exist independently. To avoid both damp and mould growth, it’s critical to locate the source of the extra moisture and take immediate action to treat it.

**Detecting and locating the source of the moisture problem**

Key message: Moulds only grow when there is sufficient moisture.

When mould appears, the first task is to try to establish

where the moisture is coming from.

If your home is damp and possibly mouldy, you need to find out why. The question to answer, therefore, is: What is causing the moisture?

Major causes for excessive moisture are:

Leaking pipes, wastes or overflows;

Rain seeping through the roof where a tile or slate is missing, spilling from a blocked gutter, penetrating around window frames, or leaking through a cracked pipe.

These causes of damp often leave a "tidemark" and you should have the necessary repairs carried out to repair the source of damp.

If your house is newly-built it may be damp because the water used during its construction (e.g., plaster) is still drying out.

If your home is damp for any of these reasons, it may take weeks of heating and ventilating to dry out. Hiring a dehumidifier may also help.

When the source of moisture does not appear to be related to structural faults, leaks or the newness of the property, it is probably due to condensation.

**How to manage condensation in your property**

As the temperature outside drops, your property naturally lowers in temperature, therefore the air is unable to hold as much moisture. When temperatures drop outside areas within your property are always going to drop in temperature such as windows and predominantly areas of external walls such as top and bottom corners.

So what causes condensation? Basically, air contains moisture, but the temperature of the air determines how much moisture it can hold, and warm air contains more moisture than cold air.

When warm, moist air comes into contact with either a surface or air that is colder than it is, the warm air is unable to retain the same amount of moisture as it did and the water is released either into the cold air or onto the colder surface, causing condensation to form. This works the same as the weather system.

The key to stopping condensation lies in controlling humidity, improving ventilation and ensuring your home is well insulated with the correct breathable materials.

Day-to-day activities such as cooking, washing and drying clothes, heating and even breathing produce water vapour. Air can only hold so much moisture in the form of an invisible vapour, no matter what temperature it is.

When the air contains more moisture than it can hold, it reaches ‘saturation point’ and when this is reached, the moisture turns back into water and condensation occurs. The temperature reached at saturation point is called the ‘dew point’.

When this happens, the air has a relative humidity of 100%. But what is normal humidity in a house? The recommended percentage for moisture within a property to ensure a healthier environment need to be between 40% - 60%. Problems will occur with structural defects in a building when the moisture level has been too high for a period of time.

**Health risks**

Damp and mould primarily affect the airways and lungs, but they can also affect the eyes and skin. The respiratory effects of damp and mould can cause serious illness and, in the most severe cases, death (see ‘Health effects of damp and mould’). The tragic death of Awaab Ishak was the result of a severe respiratory condition due to prolonged exposure to mould in a home with inadequate ventilation.

The presence of damp and mould can also affect tenants’ mental health. This could be due to worries about the health impacts of damp and mould, unpleasant living conditions, and destruction of property and belongings, among other concerns.

Everyone is vulnerable to the health impacts of damp and mould, but people with certain health conditions, children and older adults are at greater risk of more severe health impacts (see ‘People at increased risk from damp and mould’).

**Respiratory effects**

Damp and mould predominantly affect the airways and lungs. The respiratory effects of damp and mould can cause serious illness and, in the most severe cases, death. The respiratory effects include:

general symptoms such as cough, wheeze and shortness of breath

increased risk of airway infections, including aspergillosis (an infection of the airways with the fungus Aspergillus)

development or worsening of allergic airway diseases such as rhinitis (a condition causing nasal congestion, runny nose, sneezing and itching), asthma and other conditions that involve inflammation of the airways (including bronchitis, hypersensitivity pneumonitis and chronic obstructive pulmonary disease (COPD)

In 2019, the presence of damp and/or mould in English residences was estimated to be associated with approximately 5,000 cases of asthma and approximately 8,500 lower respiratory infections among children and adults. In addition, damp and mould were estimated to contribute to 1 to 2% of new cases of allergic rhinitis in that year. Alternative data sources, primarily from self-reporting, suggest that the percentage of dwellings affected by damp and/or mould may be even higher than the estimates used for this study, in which case the total number of cases could be 3 to 8 times greater.

**Other physical health effects**

Some people who are exposed to damp and mould might experience adverse health outcomes that are not linked to their airways or lungs. These include:

irritation of the eye potentially leading to allergic conjunctivitis

eczema, and other patches of itchy skin or skin rashes

other fungal infections (including, but not exclusively those of the skin), especially in people with weakened immune systems

**Mental health effects**

Some people who are exposed to damp and mould might experience poor mental health as a result of living in a home with damp and mould. This could be due to:

unpleasant living conditions

destruction of property and belongings

anxiety related to physical health impacts and/or looking after a relative suffering from damp and mould-related illnesses

frustration with poor advice and/or being blamed for damp and mould

social isolation as a result of not wanting visitors in the home

delays in response or repairs following reporting of damp and mould and/or poor quality of repairs

**People at increased risk from damp and mould**

Certain individuals may be at increased risk of the health impacts of damp and mould exposure. This could be due to health-related or age-related vulnerabilities, or because they are less able to report and act on guidance related to damp and mould, or simply because they are more likely to live in a home with damp and mould.

**People most at risk of health issues from damp and mould**

While damp and mould pose a risk to anyone’s health and should always be acted on quickly, it is particularly important that damp and mould is addressed with urgency for the groups below as they are more vulnerable to significant health impacts:

people with a pre-existing health condition (for example allergies, asthma, COPD, cystic fibrosis, other lung diseases and cardiovascular disease) who are at risk of their condition worsening and have a higher risk of developing fungal infections and/or additional allergies.

people of all ages who have a weakened immune system, such as people who have cancer or are undergoing chemotherapy, people who have had a transplant, or other people who are taking medications that suppress their immune system

**People living with a mental health conditions**

pregnant women, their unborn babies and women who have recently given birth, who may have weakened immune systems

children and young people whose organs are still developing and are therefore more likely to suffer from physical conditions such as respiratory problems

children and young people who are at risk of worsening mental health

**Older people**

people who are bedbound, housebound or have mobility problems making it more difficult for them to get out of a home with damp and mould and into fresh air

People who fall into more than one of these categories are likely to be particularly vulnerable to the health impacts of damp and mould. Landlords should not delay action to await medical evidence or opinion - medical evidence is not a requirement for action.

**Who to call?**

You can make a formal complaint to your landlord if you think they have done something wrong.

* did not follow their policies
* took too long to fix the problem
* refused to deal with damp and mould
* said you had to fix damp and mould problems
* said they would deal with the problem but did nothing
* carried out repairs that did not make things better or caused other problems

Keep a record of all conversations, emails and text messages.

If this fails and the issue continues.

You can [ask the Housing Ombudsman to look at your case](https://england.shelter.org.uk/housing_advice/repairs/how_to_report_repairs_to_a_council_or_housing_association_landlord/complain_to_the_housing_ombudsman_about_repairs).

They can tell your landlord:

* how to put things right
* to pay you compensation
* to repay you the cost of getting an expert opinion

The Housing Ombudsman regulates council and housing association housing services.

They have said that councils and housing associations should:

* be proactive and avoid blaming tenants.
* treat complaints about damp and mould seriously.
* train their staff to recognise early signs of damp and mould.

Tell the Ombudsman if your landlord has not followed this advice.

You can read the [Housing Ombudsman's report on damp and mould](https://www.housing-ombudsman.org.uk/2021/10/26/housing-ombudsman-urges-zero-tolerance-approach-on-damp-and-mould/) to find out more about your landlord's responsibilities.

You can contact the council for an environmental health inspection if you rent from a private landlord or a housing association.

The council can order your landlord to fix damp and mould.

Make sure you have evidence of this when you contact them.

You can contact them on the following;

Email: [env.health@rotherham.gov.uk](mailto:env.health@rotherham.gov.uk)

Telephone: 01709 823118

Or via the website: [www.rotherham.gov.uk/private-housing](http://www.rotherham.gov.uk/private-housing)

**Landlord responsibility’s**

If there is observable evidence of dampness in a building, such as visible mould, mould odour or water damage, including condensation, this is sufficient to indicate the need to remedy the issue to protect the health of tenants and prevent proliferation of the issue. When a tenant or another professional notifies a landlord that there is damp and mould in a property, it is crucial that the landlord takes the concern seriously, assesses the issue with urgency to identify its severity, and ensures that they always identify and tackle the underlying causes promptly, and with urgency when concerns have been raised about tenant health. Tenants should be informed about what is being done to resolve the issue and what the likely timescales for the work will be.

Any tenant who is concerned about any symptoms they are experiencing should be advised to consult a healthcare professional. Landlords should not delay action to await medical evidence or opinion - medical evidence is not a requirement for action, and damp and mould should always be addressed promptly to protect tenant health.

Some tenants may be at a greater risk from the health harms of damp and mould (see ‘People at increased risk from damp and mould’). Where landlords have been made aware of these vulnerabilities, and especially if they are aware that the damp and mould is having an effect on health, landlords must ensure occupants are not left living with the damp and mould. When a concern has been raised about tenant health (either by the tenant or a third party), landlords should consider whether tenants can be offered suitable alternative accommodation, subject to the tenant’s agreement, while the damp and mould is rectified. This will not be the safest or most appropriate response in all cases.

In addition to the physical health risks, the presence of damp and mould in a person’s home may be causing them significant anxiety and affecting their mental health. When talking to tenants it is therefore important that communication is clear, compassionate, and tailored to their circumstances, as much as possible.

When responding to tenants, landlords should take tenants’ personal circumstances and vulnerabilities into consideration. It is possible that tenants might be in receipt of support from other professionals. Landlords in the social rented sector in particular, might therefore consider how, in working with these professionals and with tenant consent, they might be able to better support tenants.

Once damp and mould have been identified, it is essential that the mould is removed promptly, reducing health risks for tenants. Before doing so, it is advisable for tenants or the landlord to photograph the area affected by mould and (if possible) draw around it to preserve a record, which may be helpful to identify the source of mould and plan remedial action. If an assessment of the source can be established quickly by an appropriately qualified professional, such identification could be done before mould removal, but under no circumstances should mould be left for long periods. The priority should always be to protect tenant health.

Mould can be removed from hard surfaces with an appropriate cleaning product and should be left to dry completely. Mould and mildew products should be used in preference to bleach, for health and safety reasons. Absorbent materials such as carpets, soft furnishings and ceiling tiles may have to be thrown away if they become mouldy, as it may be difficult or impossible to remove the mould completely.[footnote 48] While most tenants could reasonably be expected to remove condensation and very small amounts of mould using an appropriate mould and mildew cleaner, larger areas of mould should only be addressed by qualified professionals. When identifying an experienced contractor, landlords should check training, qualifications and references.

Regardless of the extent of mould, the person removing the mould should wear protective equipment, such as a mask, gloves and goggles, in order to avoid contact with mould spores or cleaning products. Doors should be shut to help prevent mould spores from being spread to other areas of the house, but windows should be left open during and after the clean up activity. Protective equipment and clothing should be washed or carefully disposed of afterwards to prevent contamination. Any materials removed should be bagged and disposed of safely. The cloth or sponge used to remove the mould should also be washed or disposed of. Product guidance should be followed during application to protect those undertaking the work and the tenants living in the home.

Tenant management of condensation and small amounts of mould should not be a substitute for assessing and addressing the underlying issue, which should always be the priority.

Landlords should work with tenants to understand how best to address the issue collaboratively and prevent future recurrence. Landlords should note that some tenants may struggle to live independently and therefore may also struggle to support a cleaning regime after mould has been identified. Building relationships with other professionals supporting tenants may therefore be helpful.

**Improving ventilation**

If a dwelling is inadequately ventilated, moisture in the air cannot escape the building and is therefore more likely to cause condensation. It is particularly important that rooms that inevitably involve a lot of moisture production, such as kitchens and bathrooms, have adequate ventilation. Asking occupiers to always have the windows open does not resolve this.

Ventilation systems, such as extractor fans and mechanical ventilation with heat recovery (MVHR) or Positive input ventilation systems (PIV) should always be a consideration, if the property is suffering from black mould, and there are no defects to the build that could cause the excess moisture. All systems should be regularly inspected and maintained by qualified professionals, who will be able to advise on a suitable schedule of maintenance.

All kitchens and bathrooms should have a working extractor fan to help prevent excess moisture.

**Working with tenants**

We are absolutely clear that it is totally unreasonable to blame damp and mould in the home on ‘lifestyle choices’. It is unavoidable that everyday tasks, such as cooking, bathing, washing and drying laundry will contribute to the production of indoor moisture. With this in mind, the fundamental cause of damp and mould will be due to building deficiencies, inadequate ventilation, inadequate heating and/or poor energy efficiency, not tenants’ normal domestic activities.

However, it may be beneficial to work with tenants to help them make small, reasonable adjustments to their behaviour, if appropriate, to reduce their damp and mould risk. It is essential that working with tenants must sit alongside - and not be a substitute for - tackling the root causes of the issue (building deficiencies, inadequate ventilation or low indoor air temperature). Tenants cannot be expected to reduce moisture levels if their home does not enable them to do so.

**Is the heating system (including radiators) working effectively, sufficiently powered for the property and are tenants able to control it?**

If not, look to repair, replace or install an appropriate energy-efficient system, and consider whether the placement and heat output of radiators needs addressing. Free online radiator room size calculators can help with this. Where possible, locate radiators on external walls and under windows, as this is optimal for heat distribution.

Heating systems should always be regularly checked and maintained by qualified professionals.

It is important that tenants are able to control their own heating and switch it on at appropriate times of the day depending on how the property is occupied. This is important in both one household dwellings and in shared accommodation. Landlords may want to install thermostatic radiator valves (TRV’s), so tenants are able to do this. People who are out of the house during the day will need different heating needs to those who are at home all day due to illness or being out of work.

**Has the tenant been given clear, written instructions on how to use the heating system most effectively?**

Landlords should ensure that tenants have been provided with the necessary guidance on how to use their heating system (heating systems and any heaters). For tenants whose first language is not English and/or tenants with additional language or communication needs, consider whether they may need extra support to understand the guidance. For support with language and communication needs.

**Are the occupants struggling to heat their home?**

Cost of living pressures may mean that tenants struggle to adequately heat their homes or heat them irregularly. This can lead to increased condensation and damp. Try to understand tenants’ circumstances and consider signposting them to support with their energy costs or consider if there is any additional support that could be provided.

**Energy support for households**

This section provides links to financial support for tenants and support to improve the energy efficiency of tenants’ homes, making them easier to heat. If any funding is associated with modifications to the home, for example insulation, a new boiler, and so on, tenants must always get the approval of their landlord to carry out the work and work with them. Schemes mentioned in this annex may also be applicable to owner occupiers.

[Warm Home Discount Scheme](https://www.gov.uk/the-warm-home-discount-scheme): a one-off discount on electricity bills. The scheme will reopen for October 2023.

[Winter Fuel Payment](https://www.gov.uk/winter-fuel-payment): people born before 26 September 1956 may get between £250 and £600 to help pay their heating bills. Running for winter 2023 and 2024. This is in addition to any other cost of living payments.

[Cold Weather Payment](https://www.gov.uk/cold-weather-payment): support for individuals receiving certain benefits or Support for Mortgage Interest (SMI). A payment will be received if the average temperature in the household’s area is recorded as, or forecast to be, zero degrees Celsius or below over 7 consecutive days. Households will receive a payment of £25 for each 7 day period of very cold weather between 1 November and 31 March.

[Citizens Advice](https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/): this organisation can help households with income maximisation, applying for energy grants, and help people to understand their energy bills or manage finances or fuel debt. This page provides an overview.

[Age UK Warm Home Programme](https://www.ageuk.org.uk/our-impact/programmes/safe-and-warm/): the programme helps in 3 key ways:

* benefit entitlement checks
* home energy checks
* providing advice

[Mencap:](https://www.mencap.org.uk/food-home-energy-and-fuel-benefits) guidance for people with a learning disability and their families and carers on how to get help with food, energy and fuel costs.

[NEA - the UK’s leading fuel poverty charity](https://www.nea.org.uk/): provides direct support to people, including income maximisation advice and advocating on issues including improving energy efficiency of homes. Gives advice on warm and safe homes, and advice for those struggling to pay their bills.

[Help with energy bills (Shelter England)](https://england.shelter.org.uk/housing_advice/benefits/help_with_gas_and_electric_bills): this article outlines the various sources of financial support available and who can access these funds.

[Money Helper](https://www.moneyhelper.org.uk/en/everyday-money/budgeting/save-money-on-your-gas-and-bills): provides advice on how to save on gas and electricity and what help is available to households who are concerned about paying their bills or missing a payment.

[Energy Company obligation](https://www.gov.uk/energy-company-obligation): help from energy suppliers with installing energy-saving improvements to homes. Insulation grants are available for [occupiers of privately and socially rented properties](https://www.gov.uk/energy-company-obligation) which [landlords can also help tenants apply for](https://freeinsulationscheme.org.uk/insulation-grants-for-landlords/). This may help with the cost of insulation work, for example to your loft or cavity walls and replacing or repairing your boiler - or other upgrades to your heating.

[Find energy grants for your home (Help to Heat)](https://www.gov.uk/government/collections/find-energy-grants-for-you-home-help-to-heat)

[Find your local council](https://www.gov.uk/find-local-council): councils run local funding schemes if tenants are struggling to ask for help. Schemes in place often include ‘welfare assistance’ and ‘Household Support Funds’.

[NEA’s multi-lingual advice leaflets](https://www.nea.org.uk/get-help/resources/)

If landlords become aware of tenants who may be in financial difficulty and struggling with energy bills, advice is available from specialist providers such as [Shelter](https://england.shelter.org.uk/housing_advice/money_problems_and_energy_costs/where_to_get_help_with_debts), [Citizens Advice](https://www.citizensadvice.org.uk/debt-and-money/) and [MoneyHelper](https://www.moneyadviceservice.org.uk/en).

If tenants are eligible for Legal Aid, they can also contact [Civil Legal Advice](https://www.gov.uk/civil-legal-advice) for free and confidential advice. Tenants might also qualify for [Universal Credit](https://www.gov.uk/how-to-claim-universal-credit), which can include help with housing costs. Some tenants might also be available for [government Cost of Living Payments](https://www.gov.uk/guidance/cost-of-living-payment).

**Tenant guidance for damp and mould**

The following resources indicate how tenants can approach damp and mould in their rented properties.

[How to rent](https://www.gov.uk/government/publications/how-to-rent): guide for tenants in the private rented sector to help them understand their rights and the process of renting.

[Guide for tenants: Homes (Fitness for Human Habitation) Act 2018](https://www.gov.uk/government/publications/homes-fitness-for-human-habitation-act-2018/guide-for-tenants-homes-fitness-for-human-habitation-act-2018): guide for tenants in the social and private rented sectors on their rights under the Homes (Fitness for Human Habitation) Act.

[Damp and mould: what tenants need to know - Shelter](https://blog.shelter.org.uk/2023/04/damp-mould-tenants/): information for tenants on damp and mould, covering answers to common questions. This covers the health impacts and causes of damp and mould as well as how to address issues.

[Damp and mould in private rented homes - Shelter](https://england.shelter.org.uk/housing_advice/repairs/damp_and_mould_in_rented_homes): advice and resources for private tenants who have identified damp and mould in their home, including advice on raising issues with landlords.

Shelter provides housing advice for tenants on housing issues and [legal aid and free legal advice](https://england.shelter.org.uk/housing_advice/eviction/legal_aid_and_free_legal_advice) for tenants who qualify for advice and representation to address serious housing problems.

[Damp repairs in rented housing](https://www.citizensadvice.org.uk/housing/repairs-in-rented-housing/repairs-common-problems/repairs-damp/): advice for tenants on different types of damp, who’s responsible for addressing them and how, as well as routes to escalate concerns if the landlord doesn’t take action.

[Dealing with damp and condensation, NEA leaflet](https://www.nea.org.uk/get-help/resources/dealing-with-damp-and-condensation-national-energy-action-leaflet/)

[Indoor air pollution (Asthma+Lung UK)](https://www.asthmaandlung.org.uk/living-with/indoor-air-pollution): resources for people living with a lung condition, including information on the types of air pollution they might have in their home and how to manage allergies caused by indoor pollution at home.

[Moisture in homes (UK Centre for Moisture in Buildings (UKCMB))](https://ukcmb.org/): resource outlining causes of moisture build up in homes and how to manage this. This resource has been developed for homeowners. However, information on how moisture builds up and day-to-day methods for managing this may still be valuable to tenants.

Video on how to reduce damp and mould aimed at homeowners but may still be of interest to individuals who are renting:

Watch the video on [Moisture guidance for existing homeowners](https://www.youtube.com/@ukcmb-6547)

[Advocacy in mental health](https://www.mind.org.uk/information-support/guides-to-support-and-services/advocacy/working-with-an-advocate/#HousingProblems): resource from Mind explaining what advocacy is and how it can help tenants who require it. This resource includes advice on the type of advocacy that could be sought for tenants who require it to address housing problems.