

MONEY MATTERS AND MENTAL HEALTH

The association between money and mental health is complex. On one hand, having enough money can provide a sense of security and stability which can help to reduce stress and improve mental health.

On the other hand, having too much money can lead to feelings of anxiety, depression and guilt, which may be due to family and community pressures to share your money. This could leave you feeling less of a connection to culture if you're not sharing with your family and community.

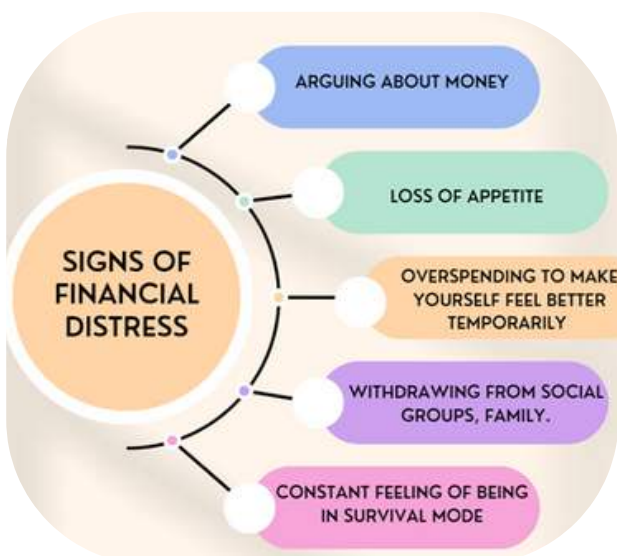
The key to maintaining good mental health is to find a balance between having enough money to meet your needs and having enough money to enjoy life.

Often the thought of our own financial position and budgeting can be overwhelming for many and create an anxiety/stigma around the topic of money. It's important to recognise when financial stress is becoming too much and to take steps to reduce it. This may include talking to a financial counsellor, financial advisor, creating a budget, or seeking professional help. You should not feel ashamed or embarrassed to talk about your financial situation.

There are many resources available to help people manage their finances and improve their mental health.

Keep in mind that money is not the only source of happiness, and that financial security does not guarantee mental health. Having meaningful relationships, pursuing hobbies and taking care of both your physical and mental health are all important for an overall wellbeing. Taking the time to focus on these things can help reduce stress and improve mental health.

People should take steps to ensure that they are taking care of their mental health, regardless of financial situation.



STATISTICS

- 1 in 2 Indigenous people in financial distress.
- Only 1 in 10 Indigenous people are financially secure.
- 75% of people experiencing financial stress also argue with their partner/families about money.
- People who are experiencing financial distress, are twice as likely to also be experiencing mental health distress.

TIPS TO DEAL WITH FINANCIAL STRESS

- Look after your health (eating healthy, exercise).
- Create a budget for yourself to follow, that includes regular savings. You can do this for free with FNF's online My Money Dream program. Register at www.mymoneydream.com.au
- Speak to family and friends about how you're feeling, its important to keep a positive mind frame and have a good support network.
- Learn good money habits - visit www.tomorrowmoney.co or join the Indigenous Women's Financial Wellness Facebook group by visiting www.bit.ly/IWFW-FB
- Contact your bank- most banks have policies in place to assist their customers when experiencing financial distress/hardship.

FINANCIAL WELLNESS - YOUR OVERALL HOLISTIC FINANCIAL HEALTH

MENTALLY, You want to achieve financial wellness - you want the mindset that you are abundant, capable & educated.

SPIRITUALLY, You want overall financial contentment - you want to be at ease & comfortable

PHYSICALLY, You want financial freedom - to be able to provide for your family



Email info@mymoneydream.com.au to discuss options for workshop delivery, and for more information.



GET SUPPORT

13 YARN

13 92 76

National crisis support line for mob who are feeling overwhelmed or having difficulty coping. Lifeline trained Crisis Supporter's are available 24/7.

MOB STRONG DEBT HELP

1800 808 488

Free nationwide legal advice and financial counselling service for Aboriginal and Torres Strait Islander people.

NATIONAL DEBT HELPLINE

1800 007 007

Trained financial counsellors offering free advice.

LIVE CHAT AVAILABLE

LIFELINE

13 11 14

National charity offering personal crisis support & suicide prevention.

AVAILABLE 24/7

SMS 0477 131 114 OR live chats available.