

WORKSHOP 8: SUMMARY

In this section, we returned to our conversation about the reciprocal relationship between mental health and/or addiction challenges and financial insecurity.

First, we learned how living in poverty is linked to a number of mental health challenges in children and adults and discussed the relationship between addiction and money problems. We also learned about the relationship between physical health issues, financial issues, and stress.

Next, we created a Financial Crisis Plan by identifying how our financial issues and mental health, physical health, and/or addiction challenges affect us; and how we will address these issues when they occur. We also created a payment tracking plan and thought about how we might ask a friend or family member to support us with our finances during times of crisis.

Next, we learned about how financial issues can affect a person's relationships and how to communicate with your partner about money. Finally, we learned about what financial abuse is, its warning signs, and resources for getting out of an abusive relationship.