

## WORKSHOP 9

### Taxes & Mental Health

Taxes are mandatory contributions from citizens collected by their local, state, and federal governments to fund government spending on public services.<sup>114</sup>

Filing your state and federal income tax returns can be stressful and confusing, especially for first-time taxpayers, people who have had negative experiences with filing taxes in the past, and people with lived experience of mental health and/or addiction challenges. The thought of taxes or tax season may bring about feelings of shame, confusion, anxiety, or guilt.

The following section is designed to address some of the stress and negative emotions that can be associated with taxes, and provide you with tools and resources to file your tax returns easily and take care of your mental health.

**What, if any, has your experience been with filing and paying taxes? How have taxes affected your mental health?**

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<sup>114</sup> Julia Kagan. "Income Tax Returns Guide: Taxes." Investopedia, Oct. 14, 2021.  
<https://www.investopedia.com/terms/t/taxes.asp>