

How can the topics I learned in this section be helpful for me?

| Topic | N/A | How this will be helpful to me: |
|--|------------|--|
| The relationship between money issues, poverty & mental health challenges | | |
| The financial costs of addiction & problem gambling | | |
| Financial issues & physical health issues | | |
| Creating a Financial Crisis Plan; tracking expenses; identifying someone to help | | |
| Relationship issues & financial issues | | |
| Financial abuse: warning signs & resources | | |