

Mental Health & Money Issues

When people experience money problems, mental health issues often follow. Poverty, debt, and difficulty paying bills and necessary expenses can take their toll on a person's mental health. This can take the form of depression, anxiety, anger, despair, frustration, shame, relationship problems, and more.

Mental health issues can also lead to money problems. During periods of depression, a person may not keep up with paying bills; anxiety or paranoia may prevent someone from opening mail, and manic episodes can lead a person to overspend. These types of situations can have lasting consequences on a person's finances.

In what ways have mental health issues affected your financial situation? In what ways has your financial situation affected your mental health?³

³ Original material from Peerlink National Technical Assistance Center.