

Post Webinar Resource Sheet:

Money on Your Mind: Financial Wellbeing and Mental Health

Thank you for attending this webinar, please check out the resources below to help you practice self care.

Resources

Podcast/Talks:



An honest look at the personal finance crisis



BBC's Money 101 - Bea Duncan

Charities/Organisations:

<https://themoneycharity.org.uk/>

<https://www.turn2us.org.uk/>

<https://www.justfinancefoundation.org.uk/>

Books:

The Psychology of Money by Morgan Housel

The Financial Wellbeing Book by Chris Budd

Your Money or Your Life by Vicki Robin and Joe Dominguez

Support/Helplines:

Samaritans (UK):

Samaritans.org | 116 123 –

Free, 24/7 emotional support.

SHOUT Mental Health Text

Line: giveusashout.org |

Text "SHOUT" to 8525



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