

## **The Relationship Between Mental Health Challenges and Money**

Mental health issues may affect your financial situation in a number of ways. For example:

- If your ability to work is affected you may experience a sudden drop in you income.
- If you are depressed you may find it difficult to keep up with incoming bills.
- If you become manic, you may deplete your savings by spending much more money than you can afford to spend, or you may accumulate a great deal of debt.

Likewise, your financial situation may affect your mental health issues in a number of ways. For example:

- If you have accumulated a lot of debt, you may begin feel hopeless about your situation.
- Living in poverty can cause continual stress.
- Having your money controlled by a representative payee can cause you to feel powerless.

Sometimes treatment for mental health issues lead to financial problems.

- Hospitalizations may not only interfere with a person's ability to access personal finances while hospitalized, but the bills afterward can be overwhelming.
- Some psychiatric medications can cause memory problems, which make it difficult to keep up with finances.
- Blurred vision, shaky hands, or slowed movements caused by some medications can make signing checks or using ATMs or debit machines difficult, especially when there is a line of impatient people waiting behind the person.
- If psychiatric medications cause lethargy, a person may have difficulty with motivation to keep up with personal finances.

