



In recognition of Mental Health Awareness Month

Money Matters:

Why Your Financial Well-Being is Key to Mental Health

We all want to live our best lives, but it's no secret that financial worries can take a toll on our mental health and overall well-being. For many of us, balancing finances while also dealing with the emotional strains of everyday life can be especially challenging. That's why taking steps to reduce financial stress is crucial to achieving a happier, healthier you. By prioritizing your financial well-being, you can help alleviate some of the burdens that come with managing money and take control of your overall wellness. With that, we have helpful resources and potential next steps.

Don't face financial stress alone.

Schedule a session with a compassionate Money Coach today for the support you need to achieve greater financial stability and peace of mind.

Call your EAP to get connected with financial resources and consultation.

502-451-8262



"After some personal setbacks in the last couple of years (deaths in the family, health problems, ongoing mental health issues), I had managed to go pretty far off the deep end with bad impulse control and self-destructive financial behaviors. [My Money Coach] helped me realize that there was a way out of my financial quagmire and provided the steady voice I needed to confront my monetary issues and deal with them."

– MSA Member

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Event Recording

Unlock Your Potential: Keys to Better Finances

Did you catch our event? Watch the recording to hear from seasoned financial experts who can help you gain confidence in balancing your budget, managing debt, and improving your credit. Learn how to set clear financial goals and take steps to protect your assets and those you love. Don't miss this opportunity to obtain valuable insights and take control of your personal finances. Watch the recording and continue your journey to financial well-being.

**Available for a
limited time:**

[Watch Recording](#)



What people are saying about our events!

"I am starting my financial journey, and getting all this information has been very useful as it is well structured and easy to follow, with examples that I can actually identify with and start applying to improve my financial health." – MSA Member

"This event was very helpful. It made me think about my financial situation a bit more and also provided me with information I didn't really know about well." – MSA Member

"This was excellent information, the presenters were well versed and very knowledgeable. They even addressed a question I entered in the Q & A. Based on this webinar I will be making an appointment with a money coach!" – MSA Member

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