



ADDITIONAL RESOURCES: WORKSHOP SEVEN

Additional Reading:

1. [The Emotional Effects of Debt](#)
2. [How Debt Affects Your Health](#)
3. [The Effect of Debt Problems on People's Health](#)
4. [Deciding Between Debt Relief or Bankruptcy](#)
5. [Filing For Bankruptcy Without an Attorney](#)
6. [How Bankruptcy Can Affect Your Mental Health](#)
7. [Understanding Bankruptcy](#)
8. [73 Tips for Eliminating Debt](#)
9. [5 Ways to Get Out of Debt](#)

Videos:

1. [How to Get out of Debt](#)
2. [7 Steps to Debt Freedom](#)
3. [Debt Snowball vs Debt Avalanche Technique](#)
4. [Effects of Debt on Mental Health](#)

Handout Links:

1. [Debt & Mental Health](#)
2. [How to Cope with Debt](#)
3. [Debt Collection FAQs](#)
4. [Debt Elimination Plan](#)

Interactive Links:

1. [How to Pay Off Debt](#)
2. [Personal Debt Consolidation Calculator](#)
3. [What is Debtors Anonymous? How Can I Find a Group?](#)
4. [Calculate Your Debt Payoff](#)
5. [Credit Card Debt Payoff Calculator](#)

