



ADDITIONAL RESOURCES: WORKSHOP EIGHT

Additional Reading

1. [Mental Health & Money](#)
2. [Poverty, Social Inequality & Mental Health](#)
3. [Recovering your Finances After Rehab](#)
4. [The “Poverty Mindset”](#)
5. [Identity, Culture & Mental Health](#)
6. [FAQs on Problem Gambling](#)
7. [Resources & Help for Problem Gambling](#)
8. [Income Inequality & Health Care](#)
9. [How to Avoid the Health Risks that Come from Financial Stress](#)
10. [Poverty’s Effect on Children’s Mental & Physical Health](#)
11. [Poverty & Poor Health Worldwide](#)
12. [How to Talk to Your Partner About Money](#)
13. [Money Problems & Relationship Problems](#)
14. [How to Prevent Arguments About Money](#)
15. [How to Talk to Your Spouse About Money](#)
16. [Common Financially Abusive Behaviors](#)
17. [How to Spot Financial Abuse of an Elder](#)
18. [Tackling Social Inequalities to Reduce Mental Health Problems](#)

Videos:

1. [Mental Health Advocate Discusses Link Between Poverty & Mental Health Challenges](#)
2. [The Psychological Links Between Money & Mental Health](#)
3. [Depression, Anxiety & Poverty](#)
4. [Barriers to Mental Health Care for BIPOC Communities](#)
5. [Racism & Mental Health](#)
6. [What is a Representative Payee?](#)
7. [Do I Have to Have a Representative Payee?](#)
8. [How Does Social Security Choose Representative Payees?](#)

Handout Links:

1. [The Two-Way Connection Between Poverty & Mental Health Issues](#)
2. [Tips for Talking With Your Partner About Money](#)
3. [Steps to Healthy Finances in a Relationship](#)
4. [Understanding Representative Payees](#)
5. [When a Representative Payee Manages Your Money](#)
6. [Understanding Financial Abuse and Safety Planning](#)
7. [Information and Services for Survivors \(Oregon DHS\)](#)
8. [Financial Abuse FAQs](#)

Interactive Links:

1. [FAQs About Representative Payees](#)
2. [Domestic Violence Support Hotline](#)