



Me & Money

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Money

For young people's mental health

Group Contract

- We respect and welcome each other's differences
- We treat each other's thoughts and comments with respect
- We keep what's said in the session between us
- There is no such thing as a bad question – we speak up if we're unsure or need help



Session objectives

By the end of the session, you will be able to:

- Understand how resilience is linked to money.
- Understand the interconnection between money and mental health.
- Ways you can support yourself and your peers.

Resilience is...

- Is something we use every day
- A skill rather than an inherent quality we either possess or don't possess
- Something we all have or can develop
- Is a process we can build upon
- Helps us get through the 'not so fun' times

Resilience is not..

- Being a superman or superwoman who never gets affected by anything
- Immediately bouncing forward after a negative, stressful situation
- A drastic personal change

Money and Resilience: self-evaluation

- I know that money management is a skill and I am learning how I can do it well
- I am aware of how money can affect mine and other people's mental health
- I try not to let other people's relationship with money affect me
- If I'm stressed about my money situation – whether my own or my family's - I talk to someone about it
- I know where to access information and guidance about money if I need it
- I take care making decisions about money and am usually happy with the results of my decisions
- I feel confident about switching from my parents mostly controlling my money to managing my money myself in the future
- I am able to consider my needs vs wants when buying something
- If I don't have enough money for something, I'm good at looking for alternatives which might cost less
- I can look at content from influencers on social media or things my friends have without feeling I need to buy things to be like them



How comfortable do you feel talking about money?



Money and mental health



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Bloom

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**Your
Resilience**

Questions to Consider:

- How is money and mental health linked in the animation?
- Think about Amara's situation – what is she struggling with the most?
- What circuit breakers can Amara add to break her negative cycle around worrying about money?



Alex's story

'I really want to go on the school trip, but I know my parents can't afford to pay for it. All my friends are going, and I'll be the only one left behind whilst they're all having a brilliant time.

No one really knows how much I worry about money – sometimes it's hard for my parents to find money for the bus for school – and I feel embarrassed that I can't keep up with everyone else.

I don't feel like I can talk to my family about how I'm feeling – it'll only put more pressure on my parents when I know they are already worried.'

Money and Mental Health

- Write down 3 things you learnt from today's session.
- What did you enjoy most about this session?



Where Can You Get More Support.

