

DO YOU HAVE A MONEY DISORDER?



Financial stress could negatively impact your mental health, leading to money disorders. Fortunately, managing your money effectively can protect your mental wellbeing.

From trying to make ends meet to paying for unexpected medical expenses or harassment from debt collectors, everyone experiences financial insecurity.

If you've been under this kind of stress, you'll know how easily it can knock your mental health, resulting in panic. And in the long run, along with an [unhealthy relationship with money](#), it could even lead to money disorders.

Dealing with money disorders

Money disorders are chronic patterns of self-destructive financial behaviour, usually triggered by financial stressors such as:

- Having [too much debt](#) or carrying the debts of a partner, spouse or family members
- Spending more than you earn

- [Retrenchment](#) and unemployment
- Not having savings to fall back on

Some common money mental health disorders include:

- Compulsive buying disorder
- Compulsive spending
- Pathological gambling
- Financial denial or avoidance of financial issues

Get help from an expert

Getting help for money disorders is important for your [financial future](#). Your financial coach can assist you in identifying and replacing self-destructive [financial habits](#) with behaviours that will contribute positively to your financial health.

Some things that could help lower your stress include:

- [Debt counselling](#)
- Drawing up a budget to ensure you spend less than you earn

For confidential assistance on psychosocial matters, contact the
EMPLOYEE WELLNESS PROGRAMME on 021 808 4824
Email: shibu@sun.ac.za

or

Life Health Solutions
0800 044 7700 (Toll-free 24/7)
SMS line: 31581
WhatsApp: 066 488 2273

E-mail: ewp@lifehealthcare.co.za or managers@lifehealthcare.co.za



- Planning ahead to build up savings to fall back on during difficult times
- An emergency fund and income-protection insurance to alleviate the stress of job loss and unemployment

For more financial advice, read these helpful articles:

- [4 ways to relieve money stress](#)
- [Prepare your finances for the unexpected](#)
- [The money you owe: Debt tactics](#)

Remember, your [financial coach](#) is ready to assist with confidential and professional financial coaching and support.

*For confidential assistance, contact LHS
 ewp@lifehealthcare.co.za SMS your name and UT no.
 to 31581 and the Care Centre will call you back.*

The information is shared on condition that readers will make their own determination, including seeking advice from a healthcare professional. E&OE.

References:

1. Centers for Disease Control and Prevention. (-). *About HIV/AIDS*. [online] Available at: <https://www.cdc.gov/hiv/basics/whatishiv.html> (Accessed 10 November 2017)

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