

Article: Mental Health

Content notes:

The following blog has been prepared by TAL. It is available to use in white-label format for communications and is designed to provide information on positive ways to improve mental wellbeing.

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AUDIENCE	Australians who may be experiencing financial stress or feeling pressure from the rising cost of living.
COMMUNICATION OPPORTUNITIES	White-label content: Help individuals understand how financial stress can affect their mental and physical health, while pointing them to practical support services and resources.
MESSAGE	Financial stress can affect more than your money. It can impact your mental health, physical health and everyday wellbeing. Support is available, and there are practical steps you can take to regain a sense of control.
INSIGHTS	TAL research found that 70% of employees acknowledge that high financial stress has negatively impacted their mental health, and more than half say it has impacted their physical health. The article also outlines common signs of financial stress and support options including Moneysmart, the National Debt Helpline, TAL Health Connector and Headlight.
ASSOCIATED ASSET/S	TAL Health Connector; Headlight; Moneysmart; National Debt Helpline; My Millennial Money podcast.
CTA	If financial stress is affecting your wellbeing, explore practical support through TAL's Health Connector, Health Hub, Headlight, Moneysmart or the National Debt Helpline. IMPORTANT: If you'd like to feature Headlight during Mental Health Month, please ensure that you use your existing unique URL. If you don't have one currently, please contact your TAL Partnership Manager to obtain a unique URL. We'll only be able to provide access reporting where a unique URL is used.
LAST UPDATED	July 2026

How can financial stress impact my health?

Financial worries affect most Australians at some point – and right now, with the increasing cost of living, many people are feeling the strain. But it's not just your bank balance that's impacted; financial stress can affect your mental health and physical health too.

According to TAL's research, 70% of employees acknowledge that high financial stress has negatively impacted their mental health, and more than half said it has impacted their physical health.¹

So, if you're feeling the pressure of your monetary obligations, you're definitely not alone. Support is available, and there are a range of services that can provide guidance, practical assistance and someone to talk to.

Jo Hetherington, Head of Financial Health at our insurance partner TAL, shares information on how financial stress can affect you, and what you can do to potentially improve your financial wellbeing.

WHAT CAUSES FINANCIAL STRESS?

You're probably well aware of what causes financial stress in your own life, whether that's high mortgage repayments or juggling monthly bills. Health

¹ [TAL Whitepaper: Financial health - Employee financial health and literacy August 2023](#)

Direct also lists some common but more serious triggers like losing your job, being unemployed, being unable to pay debts, worrying about unexpected financial pressures, or having gambling problems.

WHAT ARE THE EFFECTS OF FINANCIAL STRESS?

Common effects of financial stress include:

- arguing with the people closest to you about money
 - having trouble sleeping
- feeling angry or fearful, or experiencing mood swings
- tiredness, aches, pains and loss of appetite
- withdrawing from others
- feeling guilty when you spend money or delaying the health care you need, due to the cost.

Financial stress can also cause existing mental health problems to worsen. This can all sound pretty scary, but if you relate to anything on this list, remember that your feelings are valid, they're a natural response to a challenging situation, and there are steps you can take to support your wellbeing.

HOW CAN YOU REDUCE FINANCIAL STRESS?

There are practical steps you can take to help manage financial stress. A good place to begin is by identifying the issues causing the greatest pressure, whether that's your mortgage, other debts or planning for retirement. You can also visit [Moneysmart](#), a government service that provides information and tools to help Australians take control of their finances.

If you're feeling overwhelmed by money or personal issues, it can be hard to know where to turn. There are a number of sources of support available, and the following steps may help you regain a sense of control and support your wellbeing:

- Get help with planning, budgeting and managing your money. The [National Debt Helpline](#) offers free, confidential financial counselling.
- Food and bills: charity and community organisation have emergency relief services to help you with things like:
 - meals, food parcels and food vouchers
 - chemist and transport vouchers
 - clothing or furniture
 - part-payment of utility bills
 - help with back-to-school costs.
- [TAL's Health Connector](#) also links you to a wide range of free and low-cost government and community services that may be able to provide you the support you need.

If you or a family member is experiencing financial stress, you may find it helpful to explore resources such as the [My Millennial Money](#) podcast, which covers a range of topics related to money, financial wellbeing and managing financial challenges.

Need support? Where to find help

If you're finding things tough, know that support is available. [TAL's Health Connector](#) links you to a wide range of free and low-cost government and community services that may be able to provide the support you need.

Depending on the wellbeing services available through [\[insert super fund/employer/ Health Hub/Headlight\]](#), you may also have access to mental health screening tools, personalised wellbeing resources and recommendations designed to help you better understand and manage your mental wellbeing.

These resources can help you identify areas where additional support may be beneficial and connect you with information and services tailored to your needs.

DISCLAIMER [please add to your post]

(Insert disclaimer)

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