

# Cost of living and mental health – How to support clients under pressure

## Hyperlinks

### MENTAL HEALTH AND WELLBEING CPE

Check out our [CPE activities page](#) to find out what CPE activities are considered appropriate under our policy, including educative health and wellbeing activities.

### SUPPORT

Find information and support for individuals at [Beyond Blue](#).

For support or more information around Money and mental health, the following resources are available:

- [Moneysmart](#)
- [National Debt Helpline](#)
- [Financial Counselling Australia](#).

### MONEY AND MENTAL HEALTH

Discover more around mental health and financial wellbeing by visiting Beyond Blue's:

- [Financial wellbeing page](#)
- [Money and mental health snapshot](#)

### STAY IN TOUCH

Register for free [TPB webinars](#).

Access our [webinar resources](#).

Check out our [YouTube channel](#) to access webinar recordings and claim free CPE.

Find us on: [Facebook](#), [LinkedIn](#) and [Twitter](#).