**Mental Health Awareness Month - Word Doc EMAIL**

**Subject:** Money and Your Mental Health

**Body:**

Money can play a major role in how you feel mentally. Some people feel stressed while waiting for their next payday. Others have no idea that money is even the cause of their depression and anxiety.

SmartDollar can help you feel better about money. They’ll show you how to crush your financial goals and kick money-related anxiety to the curb.

SmartDollar is free for you to use, so you have nothing to lose.

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