**SUBJECT LINE:**

Take control of your money and boost your mental health.

**BODY COPY:**

May is Mental Health Awareness Month, and I want to make sure you have the tools you need to be well. One the best ways you can improve your mental health is to take control of your money. SmartDollar has two helpful resources to show you how to get started.

In Dr. John Delony’s Anxiety and Your Money course, you’ll find six quick lessons that’ll teach you how to tackle debt, create healthy spending habits, and talk about finances with your family. Watch the course at [this link](https://www.smartdollar.com/app/courses/anxiety-and-your-money/lessons?utm_source=smartdollar-created&utm_medium=word_doc_email&utm_content=hyperlink&utm_term=financial_wellness_bu&utm_campaign=may-insider).

Want to [talk to someone](https://www.smartdollar.com/app/coaching?utm_source=smartdollar-created&utm_medium=word_doc_email&utm_content=hyperlink&utm_term=financial_wellness_bu&utm_campaign=may-insider) instead? A financial coach can help you find peace of mind. You’ll identify your money goals—and what you need to make them happen.

If you haven’t created a SmartDollar account yet, visit [smartdollar.com/start](https://www.smartdollar.com/start?utm_source=smartdollar-created&utm_medium=word_doc_email&utm_content=hyperlink&utm_term=financial_wellness_bu&utm_campaign=may-insider).

Use our keyword when creating your account: [KEYWORD].