

## **STUDY PROVES MONEY DOESN'T BUY HAPPINESS—BUT THERAPY DOES**

**When it comes to feeling happy, \$1,300 worth of mental health therapy may be worth more than \$41,000. That's what researchers in England found when they analyzed data on thousands of people regarding mental well-being. Four months of therapy, they discovered, was 32 times more cost-effective than cold, hard cash.**

The study, conducted at the University of Warwick and published in the journal *Health Economics, Policy and Law*, found that the increase in happiness from a \$1,329 course of therapy was so significant that it would take a pay raise of more than \$41,542 to achieve an equal boost in well-being.

"Often the importance of money for improving our well-being and bringing greater happiness is vastly over-valued in our societies," said study author Chris Boyce. "The benefits of having good mental health, on the other hand, are often not fully appreciated, and people do not realize the powerful effect that psychological therapy, such as non-directive counseling, can have on improving our well-being."

So instead of playing the lottery or working too hard for that raise, consider mental health counseling if you're feeling less than satisfied with your life. The Mayo Clinic offers these tips for finding the right mental health provider for you:

- Ask your health insurance company for a list of covered providers.
- Seek a referral or recommendation from your family doctor.
- Ask trusted friends, family, or clergy.
- Check phone book listings under such categories as community service numbers, counselors, physicians, psychologists, or social services organizations.
- Search nonprofit, government, or mental health organization websites that provide listings of providers in your area.
- Ask your company's employee assistance program (EAP) for a referral.
- Contact a local or national mental health organization or medical society.

SOURCES: University of Warwick  
Mayo Clinic