

# Money and mental health - self-employed

## How to use this video

In this video Haleem Clift, a guest speaker for the Charlie Waller Trust, talks about his experience of being self-employed. He talks about the advantages and challenges in terms of keeping on top of your finances and how to best manage your time when working. He also shares some of the ways that he keeps on top of his mental health in a work setting and how to avoid stress when it comes to filing your own taxes and seeking out work.

You can watch the video from start to finish or dip in at certain points of interest. Haleem covers:

- **0.00:** Introduction to Haleem
- **1.07:** Advantages of being self-employed
- **2.11:** Challenges of being self-employed
- **4.29:** Filing your own taxes for the first time
- **5.02:** Saving enough money to pay your taxes
- **6.05:** Feeling worried about taxes
- **6.59:** Tips on managing your money
- **10.10:** Managing your mental health when you're self-employed
- **12.27:** Support systems and networking
- **13.48:** Managing your work-life balance
- **16.31:** Haleem's final bit of advice

## Some resources Haleem mentions and other useful websites relating to self-employment

Quick books accounting app: [quickbooks.intuit.com/uk/self-employed](https://quickbooks.intuit.com/uk/self-employed)

Sage accounting app: [sage.com/en-gb/size/self-employed](https://sage.com/en-gb/size/self-employed)

Tax thresholds from the UK Government: [gov.uk/set-up-self-employed](https://gov.uk/set-up-self-employed)

### Financial tips for the self-employed from trusted sources:

The Financial Times: [ft.com/content/3462f359-8a1d-4a1e-9098-a14bded3f00d](https://ft.com/content/3462f359-8a1d-4a1e-9098-a14bded3f00d)

Sage accounting: [sage.com/en-gb/blog/self-employed-manage-finances](https://sage.com/en-gb/blog/self-employed-manage-finances)

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