

Economic or Financial Abuse

Economic or Financial Abuse involves another person withholding money, manipulating your financial decisions or controlling your access to money or other property without your consent and taking away your independence and freedom of choice.

Economic or Financial Abuse includes when someone:

- Is controlling your access to finances such as cash, bank accounts and benefits or pensions to limit and control your current or future actions
- Is refusing to contribute financially to you or the family
- Doing things that cost you or the family unreasonable amounts of money; taking out loans and running up debts in your name or gambling with family assets
- Stopping you from working or studying

Abuse takes many forms, and it is not always physical. You may not realise what is happening to you is abuse.

We have put together some questions to help you work out if you are in an [abusive relationship](#)

3 things to remember:

- Financial abuse often occurs with emotional or physical abuse. The abuser may tell you that you are not capable of handling either your own money or the family's finances or accuse you of hiding something if you do not tell to them what you spend money on
- It is not your fault when someone else is abusive
- Record what is going on. This will help you to explain what is happening to someone else who can help you

If you think you are or have been economically or financially abused, you can call our helpline on **01273 622 822**. We're here on **Tuesday and Wednesday mornings 9.30 - 12.30**. If you can't get through the first time, please do try again or email us helpline@riseuk.org.uk

If you are in **immediate danger**, you can call the police on **999**, if you are unable to speak listen and when prompted press **55**

For more information visit our [website](#)

Want to get involved and raise awareness? Why not attend our [Ask Me Ambassador Taster Session](#)