



Financial Independence.

For many women, leaving an abusive partner or complex abusive situations isn't just an emotional decision, it's a financial one. Abusers can often restrict access to money, interfere with work or build up debt in the victim's name, all of which can make it incredibly hard to leave or even imagine starting over.

You may be feeling overwhelmed or uncertain about where to start, especially if your options seem limited or unclear. We understand how difficult these situations can be, and we have experience supporting people through financial challenges. By working closely with trusted financial support partners, we can help you access clear, impartial advice tailored to your circumstances. We're here to support you in making financial choices that feel right for you and to help you take steps toward greater independence and stability.

Recognising Economic Abuse.

95% of cases of domestic abuse involve some form of economic abuse. Economic abuse is legally recognised under the *Domestic Abuse Act 2021* as a form of domestic abuse.

Economic abuse is when someone controls your ability to earn money, access your own money, or make decisions about how it's spent. It can include stopping you from working or studying, taking your wages, controlling your bank account, or limiting your access to things like housing or transport. This kind of abuse is about more than just money. It's about taking away your independence and making you rely on the abuser for basic needs. It can leave you feeling trapped and unable to make choices for yourself.

Building Financial Stability.

If you have experienced financial or economic abuse, taking back control of your money can feel overwhelming but you don't have to do it all at once and you don't have to do it alone. Financial stability is not about being perfect with money. It's about feeling safe, having choices and being able to make decisions for yourself.

Whether you're starting fresh or rebuilding, small steps can make a big difference. This section covers the key areas that can help you feel more confident and in control of your finances over time.

Below are some of the areas where we can support you:

- Budgeting and managing money.
- Opening and managing a bank account.
- Understanding credit and debt.
- Creating saving and emergency funds.
- Accessing benefits and financial support.
- Understanding how financial abuse affects your relationship with money.
- Knowing about your consumer rights.
- Employment and income building.
- Planning for the future.

For more details on the information above or if you have any questions, please contact us.