

FINANCIAL ABUSE



How can I tell if I am experiencing Financial abuse?

Financial control or abuse is not talked about often and can be difficult to recognize. You may be experiencing financial control or abuse if you relate to any of the following:

- Your partner controls all the finances including income, savings, and expenses.
- You are not allowed to have a bank account or access to your joint accounts.
- You are given an allowance or your access to money is limited.
- Your partner forces you to take on debts in your name and/or forces you to co-sign loans or credit applications.
- You are forced to justify all your spending decisions and/or show your partner the receipts.
- Your partner frequently checks your phone or financial accounts without asking you.
- You are not involved in financial planning or financial decision-making around your household.
- Your partner threatens to ruin your credit score or take away your financial resources.
- You worry about what could happen financially if you seek help.
- Your partner discourages or prevents you from working or pursuing education.

If you answered 'yes' to one or more of the statements on the list, or if you feel scared, hurt, or put down by your partner or someone you live with, you might be experiencing financial abuse.

Our career and financial services can help.

We provide **one-on-one career and financial counseling** to help you plan and connect with resources in your community. We meet you where you are to support your financial and career goals.

Please schedule an appointment with us by calling our office line at **919-968-4610**.

Appointments are available by phone, zoom, or in person (English and Spanish).

If you are experiencing a domestic violence crisis, you can reach a Compass Center advocate 24/7 by calling our crisis line at **919-929-7122**