# Economic Abuse – How Do I Know It's Happening to Me?

## If you answer <u>YES</u> to any of these questions:

Do you have to ask for money or explain your spending for everyday items?　　Y / N

Have you ever been _coerced / forced_ to give up your job, go to work, or stay home?　　Y / N

Are you _forced_ to act in a specific way to have access to money (e.g. work for the family business, get a job, have no contact with family, be intimate etc…)?　　Y / N

## …and/or <u>NO</u> to any of these questions:

Do you have access to your own / or family money?　　Y / N

Do you have (some or equal) decision-making power over how the household money is spent?　　Y / N

Are you allowed to know how much debt your family has?　　Y / N

**…you may be experiencing economic abuse**

# Economic Abuse – Getting Support

**If your safety is at immediate risk, please ring the Police – 111**

## Family Violence

Women's Refuge New Zealand – 0800 733 843 (crisis line) or womensrefuge.org.nz

Shakti – 0800 742 584 (24-hour, ethnic support) or shakti-international.org/shakti-nz

Shine (Auckland) – 0508 774 633 or 2shine.org.nz

Aviva (Christchurch) – 0800 28482 669 or avivafamilies.org.nz

Are you ok - 0800 456 450 or areyouok.org.nz

Family violence Information Line - 0800 456 450 (9am-11pm every day)

Support for Men - menshealthnz.org.nz/support-for-men

## Legal

Community law - communitylaw.org.nz

Citizens Advice Bureau – Phone 0800 367 222 or www.cab.org.nz

Youth Law – (under 25years old) – Phone 0800 884 529 or youthlaw.co.nz

## Financial

Sorted – Phone 0800 345 123 or sorted.org.nz

Money talks – Phone 0800 345 123 or text 4029 – moneytalks.co.nz (live chat on website)

Good Shepherd NZ – (no interest and low interest loans throughout NZ) goodshepherd.org.nz

## To find more services in your area

Family and Community Services directory familyservices.govt.nz/directory