



“My partner controlled all the money and made all the financial decisions.”

...this could be financial abuse.

Ready for change.

 **Good Shepherd**
Financial Independence Hub

You do not need to share your story and no evidence is required. The Financial Independence Hub (FIH) will tailor support to meet your needs.

The FIH is a confidential and non-judgemental and free service. If someone has tried to control you with money we're here for you.

Contact us now:

 **1300 050 150**

Monday - Friday, 7am-7pm (Sydney/Melbourne time)
Interpreter services available.

 **fih@goodshep.org.au**

 **www.goodshep.org.au/fih**

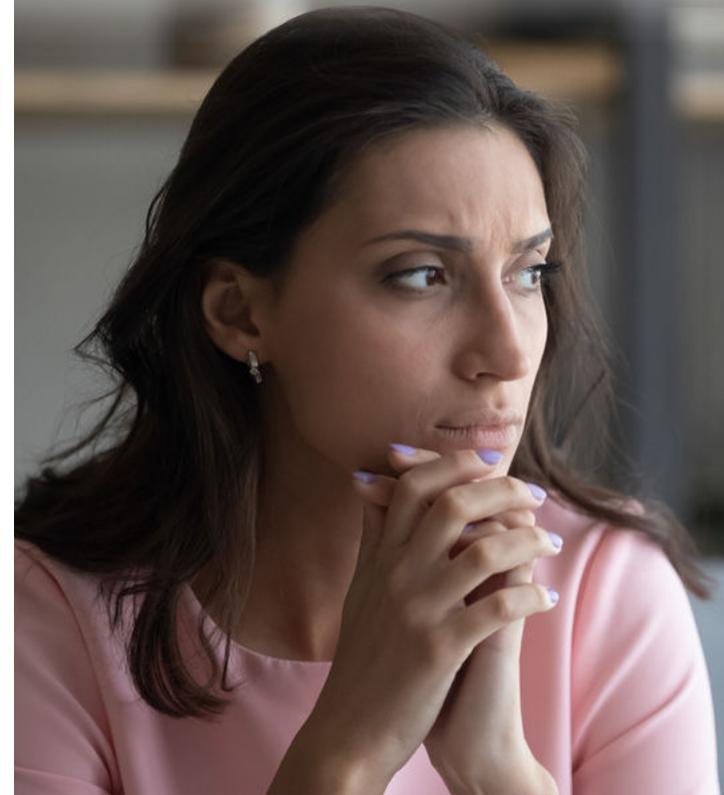


**Proudly supported by
CommBank Next Chapter**

This program is available to you,
no matter who you bank with

Has a partner or family member used money to control you?

This could be financial abuse.



Financial Independence Hub is here to help.

What is financial abuse?

Financial abuse is when a partner, family member or another person uses money to hurt, control or manipulate you.

Financial abuse is a form of family and domestic violence. It is also a type of coercive control.

Financial abuse can take many forms. Here are a few things that aren't ok...

- You're forced to take out debt in your name
- Your partner makes it difficult for you to work
- Your partner or family member uses your money for gambling
- Your partner or family member decides how your money is spent



Anna's story

Every month, Anna's* husband would go through their bank statement line by line and make her explain every expense.

After her marriage ended, the overdue bills starting piling up. Anna's financial abuse left her feeling anxious about paying bills. Anything to do with money, even opening and paying bills and going into a bank gave her a panic attack.

Anna met with her FIH coach over Zoom every fortnight. They worked through why Anna felt so stressed out about money and put together a plan that helped Anna pay her bills with less anxiety. It was a safe space where she could turn goals into actions and complete them. It helped her change the "I can't" into "I can".

Anna now feels more confident about handling her finances on her own.

"Financial Independence Hub was a safe space, where I could talk through my anxiety around money."

ANNA

**Some details have been changed to protect privacy*

What is the Financial Independence Hub (FIH)?

Good Shepherd's FIH is a free, confidential and personalised service designed to take back control of your finances.

At the FIH, we tailor support to your circumstances.

We're here to help you to:



Have a judgment free conversation about money



Take control of your money, sort out your bills and debt



Access interest-free loans



Connect to support services such as legal advice