

# Economic Abuse

solace

Economic abuse is a form of abuse where one partner is in control of the other partner's money and economic resources. It can also involve the abuser using the victim's finances without consent, resulting in a loss of savings or the creation of debt. This form of domestic abuse can also result in significant control, creating a strict financial allowance for the victim. This can lead to the victim having to rely on the abuser financially, making it very difficult for the victim to escape the relationship.

Some people may also refer to financial abuse. The main difference between the two is economic abuse has a wider definition because more controlling techniques are used such as restricting transport, clothing, education and employment rather than just money.



A recent survey carried out by Refuge in 2020 shows just how prevalent economic and economic abuse is:

**8,7 million  
people  
experienced  
economic  
abuse**

**3% of adults  
economic  
abuse started  
during the  
pandemic**

**85% of people  
experienced  
other forms  
of abuse**

## Am I suffering from economic abuse?

Economic abuse is a very common form of abuse. The questions below can be used to help you identify whether you may be experiencing economic abuse. Does your partner do any one of the following:

1. Stop you from working?
2. Take out debts in your name?
3. Withhold payments from you?
4. Control your income or benefit payments?
5. Steal your money or damage your things?
6. Stop you opening your own bank account?
7. Restrict access to education or learning opportunities?
8. Refuse access to freedoms such as a phone or car?
9. Enforce a strict financial allowance?

No form of abuse should be tolerated. Economic abuse makes leaving an abusive relationship very difficult if the survivor doesn't have the correct resources. The ability to identify the issue and make small steps to help improve the situation is key.

Unlike forms of physical abuse, economic abuse can continue after the relationship has ended. The more debts that are built up in a survivor's name, the more an individual may suffer from a poor credit rating score, impacting their ability to access credit in the future. As with all forms of abuse, the faster a survivor can seek help the better.

## Get help

Phone the police on **999** if in immediate danger

Surviving Economic Abuse Financial Support Line: **0808 1968845**

24 Hour National Domestic Violence Hotline: **0808 2000 247**

Solace Advice Line: **0808 802 5565**

See what state benefits you can access through online calculators: [Policy in Practice Entitled to Turn2us](#)