



Don't blame yourself.

It's not your fault, and it is important that you ask for help. You have the right to be treated respectfully. Turn to a friend, a trusted family member, an organization in your community. Your rights, safety and dignity must always be protected. It's your right!

Call the police.

The police can listen to your story and help determine if you have been a victim of a criminal offence. They may be able to refer you to community resources that can help, such as victim services. (Police contact section included in this toolkit).

Keep a record.

Keep a journal of what is happening to you. This will serve as a record and help other people assist you.

Contact your bank or financial institution.

Talk to your banker and ask to have protective measures put in place. This may look like withdrawal limits on bank accounts, new PIN numbers, removing permissions or authority that the abuser has on your accounts.

Talk to someone you trust.

It is important to reach out to someone you trust to talk about what is happening to you. This doesn't only have to be a friend or family member, it could be your doctor, nurse, clergy person, banker, or counsellor.

Source: Alberta Health (Protecting Against Financial Abuse)