**Financial abuse**

Across our nations we have shared our resources with our communities and neighbours for tens of thousands of years.

Today we’re going to have a yarn about when this doesn’t happen in a proper way.

When someone tries to control or manage how we spend our money, this is called financial abuse.

Financial abuse is a form of domestic and family violence.

Some of the signs to look out for are someone, often a partner or ex:

* Excessive humbugging you or telling you how to spend your money
* Not paying child support
* Making you ask for your own money
* Making you take out cash or a give a loan even if you say no

Financial abuse can happen to anyone but mostly impacts women, including women with disabilities or serious health problems.

If you’re worried about yourself or a loved one, don’t feel shame to ask for help

Call the free and confidential 1800RESPECT phone line for support on 1800 737 732.

CommBank Next Chapter can also provide confidential support, no matter who you bank with. For information visit [commbank.com.au/support/nextchapter](file:///C%3A%5CUsers%5Cciniam%5CDownloads%5Ccommbank.com.au%5Csupport%5Cnextchapter)