

I'm worried about money if I leave

**Are you worried about how you
will manage to support yourself
and your children if you leave
your abusive partner?**

Contact us

We can help!

Keeping your money safe

Open your own bank account if don't already have one
Consider moving over to paperless or internet / phone banking
If you are working, let HMRC know of any changes. You may be entitled to additional tax allowances or credits.

www.hmrc.gov.uk

Benefits

If you are not working, you may be eligible for financial support, such as Housing Benefit, Job Seekers Allowance or Universal Credit. Crisis payments may also be available to you if you have no money at all for you and your children. For information and advice contact your local Job Centre Plus or your local authority.

Child Benefit is payable to everyone who has children, regardless of any other income. If you are not already receiving this, contact www.hmrc.gov.uk

You can also call us and we will help you to find out what you are entitled to.

Debt

If you are worried about debt or arrears, you should contact the debtor immediately to discuss options that are affordable for you. Your local Citizens Advice Bureau can also help.

www.cas.org.uk

Joint savings or mortgage

You should consult a solicitor immediately. Your local Citizens Advice Bureau can give you a list of solicitors who deal with family law. You may also be eligible for free legal advice.

Citizens Advice Bureau: Advice Guide

Guide to benefits relating to domestic violence

www.adviceguide.org.uk

Contact us – we can help!

01324 632903

forthvalleyservices@barnardos.org.uk

<https://equallysafefalkirk.co.uk>