

# Who can I talk to about money before, during and after I leave violence?

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You might not know where to start and need to talk to someone about money and what to do first. In Canberra there are financial counselling services which can give you free, confidential and practical financial advice and information. These services have experience with helping women who are leaving violence, or have left violence.

## **What is a financial counsellor?**

Financial counsellors are qualified professionals who can help you deal with the financial issues of leaving a violent relationship. Their services are free, independent, non-judgemental and confidential. They generally work in community organisations and provide information, support and advocacy. You can talk to a financial counsellor about the following kinds of financial issues:

- Help with budgeting and access to financial support
- Advice about financial matters like taxation, Centrelink or Child Support
- How to handle your debts
- How to negotiate with creditors
- Dealing with joint accounts or bills
- How to live on a lower income

Financial counselling services do not provide money, vouchers or emergency relief.

## **Care Inc. Financial Counselling Service**

Care's services are free for people on low to moderate incomes. Care Financial Counselling Service can provide you with financial counselling information, casework and advocacy; work with you to develop a plan to improve your situation; if appropriate, negotiate with the people you owe money to; and refer you to other assistance if necessary.

Website: [www.carefcs.org](http://www.carefcs.org)

Address: 1st Floor, Waldorf Apartments, 2 Akuna Street  
Canberra City

Ph: 1800 007 007 or 02 6257 1788

Email: [admin@carefcs.org](mailto:admin@carefcs.org)

Opening hours: Monday - Friday 9am to 5pm

## **Salvation Army's Moneycare, Canberra**

The Salvation Army's Moneycare service provides free and confidential financial counselling for people facing financial difficulties or wanting to avoid financial difficulties in the future. They are able to help with a range of issues including budgeting, credit, debt and repossession.

Link to the website to find details about your local centre.

Website: <https://salvos.org.au/need-help/financial-assistance/financial-counselling/>

Phone: 1300 371 288

Please note that not all Moneycare services are full time and that due to demand for services there may be a waiting period before an appointment is available.