

GUIDELINES

Recognising and supporting women facing economic abuse

Guidelines for educators and support service providers

These guidelines are for people who work every day with adult women, especially women in vulnerable or disadvantaged situations: trainers, adult educators, social workers, counsellors, and staff and volunteers of NGOs and Third Sector organisations. They help you recognise economic abuse, which is often invisible even to the woman experiencing it, and respond in a competent and empathetic way.

The partners identified the need for them while preparing the FIRE project: there were few practical resources for professionals who meet women affected by economic abuse in their daily work. The six sections come from the partners' joint work and from the focus groups each partner held locally while developing the training modules.

Use them as a small handbook in any setting where you provide formal or non-formal education, support, information or guidance to women.



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How to use these guidelines

- Read Sections 1 and 2 first: they help you notice the signs without labelling anyone.
- Keep Sections 3 and 4 close before every group session, so you are ready if a woman starts to talk.
- Use Section 5 to build your own map of local services and keep it up to date.
- Use Section 6 when a woman wants to think about her safety, now and in the longer term.
- Each section ends with a short scenario, a checklist and the FIRE tools that support the work.

Background

Economic abuse is a pattern of behaviour that controls, restricts or exploits a woman's access to money and economic resources: withholding money, controlling finances, sabotaging work or blocking access to education. It rarely leaves visible marks, and it often continues after a relationship ends. Women in vulnerable situations, such as migrant and refugee women, women with low income or low formal education, and women living in rural or peripheral areas, are hit hardest.

European law recognises this harm. Directive (EU) 2024/1385 of 14 May 2024 on combating violence against women and domestic violence includes economic harm in its definition of violence against women, and economic violence in its definition of domestic violence (Article 2). The Council of Europe Istanbul Convention also names economic violence as a form of domestic violence. Member States have until 14 June 2027 to bring the Directive into national law.

FIRE (Financial Resilience) is an Erasmus+ Small-scale Partnership in Adult Education (KA210-ADU, 2025-1-IT02-KA210-ADU-000354693), carried out by Informamentis Europa (Caserta, Italy, coordinator), EDUMANSHA (Lisbon, Portugal) and Never Give Up Förderverein e.V. (Hamburg, Germany). It raises awareness of economic abuse and gives women in disadvantaged situations the knowledge, skills and support to recognise, address and overcome it. Alongside these guidelines, FIRE offers four training modules, six financial education Training Pills, interactive tools and an online support network, and the partners ran pilot training in all three countries.



SECTION 1

Identifying the signs of economic abuse

What economic abuse is, its three main forms, and the key test: is someone using money to control her?

Key points

- Economic abuse is the deliberate use of money as a tool of power and control, not a disagreement or a money problem.
- It takes three main forms, often intertwined: economic control, economic exploitation and economic sabotage.
- It is hard to recognise, even for the woman herself, and is often considered 'not very serious'.
- The useful question is not 'does she have money problems?' but 'is another person using money to control her?'
- It rarely happens alone, can continue or worsen after separation, and can come from any family member.

Economic violence is one of the most widespread forms of abuse and, at the same time, one of the least recognised. It covers all behaviours that limit a person's freedom to access, use and manage her own economic resources. It is not the same as a simple disagreement over money or a financial difficulty: it involves the deliberate use of money as a tool of power and control over another person. The European Institute for Gender Equality defines it as any act or behaviour that causes economic harm to a person, rooted in gender inequality and reinforced by traditional gender norms (EIGE, 2023).

Economic abuse takes three main forms, which are often intertwined:

Economic control: the abuser limits or controls her access to money and financial decisions. Examples: keeping all accounts in his own name, giving a fixed sum that must be justified item by item, demanding an account of every expense, making every financial decision without consulting her.

Economic exploitation: the abuser uses her resources for his own benefit. Examples: building up debts in her name, taking her money or property, refusing to contribute to shared expenses despite having his own resources.

Economic sabotage (in work and education): the abuser prevents her from seeking, getting or keeping a job or a course of study. Examples: forbidding her to work, sabotaging interviews or exams, harassing her at work, constantly belittling her abilities.

Projects and studies in the FIRE countries (Italy, Portugal and Germany) show that economic violence is difficult to identify, even for the women who experience it, and that even when it is recognised it is often considered 'not very serious'.

This underestimation has a clear reason. Looked at superficially, economic abuse often seems entirely normal: a partner who 'takes care of the finances', a joint account, a household budget managed by one person. From the outside, these look like ordinary household management. Economic violence also leaves no visible marks, and the woman herself may not see it as abuse, perhaps convincing herself that she is 'not good with money'.



For anyone working in social services, adult education or support for vulnerable people, the first step is to learn to tell a shared financial difficulty apart from a one-sided power dynamic. The useful test is not 'does this person have money problems?' but 'is another person using money to control her?'

Remember also that:

Economic violence rarely occurs on its own. It is almost always accompanied by other forms of domestic violence, and it can continue, or even worsen, after the relationship ends, through non-payment of maintenance, shared debts or lengthy legal battles.

Economic violence is not always perpetrated by a partner: a parent, sibling or adult child can also perpetrate it. The Istanbul Convention recognises economic violence as a form of domestic violence, covering acts 'that occur within the family or domestic unit or between former or current spouses or partners, whether or not the perpetrator shares or has shared the same residence with the victim'.

Say this	Avoid this
Who makes the decisions about money at home? How does that work for you?	Your husband handles the money? That's normal in lots of families.
Many women find it hard to put a name to this. You're not alone in that.	How did you not notice this was abuse?

Scenario

The situation

In a budgeting workshop, a participant says she cannot do the exercise because her husband 'takes care of everything'. She has no bank card and is given cash each week, which she must account for.

A good response

You thank her, adapt the exercise so she can work with the weekly cash she manages, and later, privately, ask an open question about how money decisions are made at home, making clear she can answer or not.

Why it works

One arrangement alone does not prove abuse. Asking whether one person decides and the other must account for herself is the key test, and an open question leaves her in control.

Checklist

- ☐ I can name the three main forms of economic abuse and give an example of each.
- ☐ I can explain the difference between a money difficulty and a one-sided power dynamic.
- ☐ I remember that economic abuse can continue or worsen after separation.
- ☐ I remember that a parent, sibling or adult child can also be the abuser.
- ☐ I avoid treating 'he takes care of the finances' as automatically normal or automatically abusive.



Useful FIRE tools: Is this OK? Signs reflection, Spot the tactic, Control or care? (fire.elnlab.eu)



SECTION 2

Recognising the indicators in participants

Signs you may notice in a course, at a guidance desk or in a programme, and how to respond without judging or labelling.

Key points

- You are not diagnosing anyone: you are staying alert to clues that, together, may tell a story.
- Signs relate to money, to work and education, and to everyday life.
- One sign alone is not enough; a pattern over time, and one-sided control, are what matter.
- Stay close, without judging, and offer a space to talk when and if she wishes.
- Migrant, refugee, disabled, older and very young women face extra layers of dependency.

People who work every day with adult women, in a training course, at a guidance desk or in a non-formal education programme, have a valuable opportunity: they can notice signs that would go unnoticed elsewhere. This is not about diagnosing or labelling anyone, but about staying alert to clues that, taken together, may tell a story of economic abuse.

Signs related to money:

She does not know, or says she does not know, how much her partner earns, and has no access to the couple's financial information.

She must ask permission, or account for every small expense with receipts.

She does not have her own bank account, or cannot access it freely.

She shows anxiety or embarrassment when money, course fees or materials to buy are discussed.

Signs related to work and education:

She has recurring difficulty attending regularly: unexplained absences, sudden withdrawals, difficulty accounting for her schedule.

She describes having been discouraged, obstructed or 'convinced' to leave a job or a course of study.

She shows a marked lack of confidence in her own abilities ('I'm not cut out for this', 'I don't understand any of it'), often learned from years of being belittled.

Signs related to everyday life:

Social isolation: few or no friendships, difficulty moving around freely, needing to account for where she is.

A partner who is always present, even remotely: frequent phone calls, demands to account for her day.

Signs of deprivation: difficulty getting basic necessities, postponed medical care, essential items not replaced although there is a family income.

Taken individually, these signs are not enough to confirm abuse: every life is complex, and generalising risks being unfair. But when several signs repeat over time, and especially when one-sided control



emerges (one person deciding, the other having to account for herself), it is worth staying close, without judging, and offering a space where she can talk about it, when and if she wishes.

Pay particular attention to women in situations of additional vulnerability: migrants, refugees, women with disabilities, older women and very young women. For them, economic abuse is often intertwined with other forms of dependency (on residence status, on language, on the absence of a social network), which makes it even harder to recognise and to talk about.

Say this	Avoid this
I've noticed it's been hard to get here lately. Is there anything that would make it easier?	You've missed three sessions. If you're not committed, maybe this course isn't for you.
There's no cost for the materials. You can borrow what you need.	Just ask your husband for the money for the book.

Scenario

The situation

A participant often leaves early after several phone calls, apologises for 'being useless' and has stopped bringing the workbook home.

A good response

You note the pattern without drawing conclusions. You offer her a quiet moment after class, say you are glad she comes, mention that materials can stay at the centre, and let her know you are there if she ever wants to talk.

Why it works

Several signs together suggest a possible pattern, but your role is not to diagnose. Practical help and an open door build trust and keep her coming.

Checklist

- ☐ I know the signs related to money, to work and education, and to everyday life.
- ☐ I look for patterns over time, not single signs.
- ☐ I do not label or confront a participant on the basis of what I notice.
- ☐ I make course costs, materials and schedules as easy as possible to manage.
- ☐ I keep in mind extra barriers for migrant, refugee, disabled, older and very young women.

Useful FIRE tools: Is this OK? Signs reflection, Spot the tactic (fire.elnlab.eu)



SECTION 3

Responding appropriately to disclosures

How to react when a woman talks, or hints, about what she is experiencing: listen, believe, stay calm, respect her pace.

Key points

- Listen without judging, and believe her.
- Stay calm: convey 'I'm here, I'm listening', not 'this is an emergency'.
- Do not push for details; she shares only what she wishes, at her own pace.
- Tell her it is not her fault: responsibility lies only with the person who abuses.
- Explain options and resources, but the decision is always hers.
- Be clear about confidentiality and its legal limits, and look after yourself too.

The moment a woman decides to talk, even just to hint at what she is experiencing, is delicate and precious. How the listener reacts can strengthen her confidence to ask for help, or cause her to withdraw further into silence.

Listen without judging. Your task is not to investigate, evaluate or cast doubt, but to listen carefully and believe her. Phrases such as 'are you sure it's really that serious?' or 'maybe you misunderstood', even said with the best intentions, can make her feel disbelieved.

Restore calm, do not alarm. It is natural to feel concern when you hear about abuse, but keep a calm tone that says 'I'm here, I'm listening' rather than 'this is an emergency'. Very strong reactions can frighten her and make her withdraw.

Do not force the disclosure. It is fine to ask open questions and show interest, but do not insist on details. She must feel free to share only what she wishes, at her own pace.

Responsibility and clarity. One of the most helpful things you can say is that what she is going through is not her fault. Responsibility for abuse always lies solely with the person who commits it, never with the person who experiences it, even when she feels guilty for not being 'good with money' or for not leaving sooner.

Explain the options, without imposing them. This is the moment to let her know what rights she has and what resources exist (see Section 5). The decision about what to do, and when, is always hers. Respecting her timing is essential: leaving a situation of economic abuse is a process, not a single act, and often the economic and practical conditions to do so must be built first.

Guarantee confidentiality. Make clear from the start that what she shares stays confidential, except where the law sets different obligations (for example, immediate danger to children). Knowing she is in a safe space helps her open up.

Pay attention to language. Avoid expressions that minimise ('it's just an argument about money') or that indirectly blame her ('why did you never check the accounts?'). Instead, normalise her experience and let her know she is not alone: economic violence is extremely widespread, and asking for help is a sign of strength, not weakness.

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Receiving disclosures of abuse is emotionally demanding. Sharing with colleagues where possible, and taking time to process what you have heard, is part of good care work towards the people you support.

Say this	Avoid this
Thank you for telling me. I believe you.	Are you sure it's really that serious? Maybe you misunderstood.
This is not your fault. The person who controls the money is responsible for that.	Why did you never check the accounts?
There are some options we could look at together, whenever you're ready. You decide.	You have to leave him now and report it.
What you tell me stays between us, unless someone is in immediate danger. Then I'd talk to you first about what happens.	Don't worry, nobody else ever hears about it, whatever happens.

Scenario

The situation

During a break, a woman tells you quietly that her ex-partner took out loans in her name and she is now being chased for the debt. She says, 'It's my own fault, I signed things without reading them.'

A good response

You move somewhere private, thank her for telling you, and say calmly that taking out debt in someone's name without real consent is a recognised form of economic abuse and not her fault. You ask what she would find helpful, mention that legal and debt advice exists, often free, and can help with disputing debt, and offer to look up a local service with her.

Why it works

She feels believed, the responsibility is placed with the abuser, and she gets concrete options without pressure. The next step stays her choice.

Checklist

- ☐ I listened without questioning whether she was telling the truth.
- ☐ I kept a calm tone and did not push for details.
- ☐ I told her it was not her fault.
- ☐ I explained options and resources, and left the decision to her.
- ☐ I explained confidentiality and its legal limits.
- ☐ I took time afterwards to talk with a colleague or supervisor, without sharing identifying details.

Useful FIRE tools: Responding to a disclosure, Find support, Know your rights (fire.elnlab.eu)





SECTION 4

Providing emotional support

The emotional weight of economic abuse, why it hurts so deeply, and how to be a steady presence without replacing specialist care.

Key points

- Economic abuse is first of all a profound emotional experience.
- Common experiences: anxiety and fear, shame and guilt, loss of self-confidence, grief and loss.
- It hurts because it strikes at independence, is invisible, builds up slowly and can last long after.
- Help her see that it was not her fault, her feelings are legitimate and healing is possible.
- Your role is a stable presence, not a therapist; refer to specialist care when needed.

Economic violence is not only a material experience: it is, first and foremost, a profound emotional one. Being controlled, monitored and deprived of the ability to decide about one's own life leaves marks that no bank statement can show. Women who have experienced economic abuse often carry anxiety, shame and deeply worn-down self-confidence, even long afterwards.

Knowing the most common experiences helps you recognise them and normalise them:

Anxiety and fear: constant worry about money and about the partner's reaction, which can keep the body on alert and is hard to switch off, even once she is safe.

Shame and guilt: an undeserved sense of guilt for 'not being good with money', for 'letting it happen', for needing help. None of this guilt is truly hers.

Loss of self-confidence: being told again and again that she is incapable wears down self-esteem, until she doubts choices she is perfectly able to make.

Grief and loss: grief for lost time, for betrayed trust, for the life imagined but not lived. Making room for this grief, rather than pushing past it, is part of healing.

Why does economic abuse hurt so deeply?

Because it strikes at independence: money is tied to freedom, to the ability to choose, to her identity as a capable adult.

Because it is often invisible to others, which adds isolation to the harm.

Because it builds up gradually, so the erosion of self-esteem accumulates silently.

Because it can continue well after the relationship ends, through unresolved debts and financial issues, which makes healing a slow process.

When you offer emotional support, you can help her become aware of truths that are often ignored or underestimated:

that it was not her fault;

that whatever she feels (anger, sorrow, relief, even numbness) is a legitimate reaction;



that asking for help is a sign of strength;

that healing is possible, with time, support and kindness towards herself.

Your role is not to 'fix' her emotional experience, nor to replace specialist psychological care when it is needed. It is to be a stable presence: someone who listens without minimising and helps her rebuild, one step at a time, confidence in herself and her abilities. Small everyday gestures, such as acknowledging progress, staying in touch and encouraging self-care, can sustain this journey over time as much as more structured support.

Say this	Avoid this
It makes sense that you feel this way after everything that happened.	You should be over it by now. It was only money.
You worked out that budget yourself today. That's real progress.	See, it's easy. I don't know why you were so worried.
Would it help to talk to a counsellor as well? I can find out what's available.	I know exactly how you feel.

Scenario

The situation

A woman who left an abusive relationship a year ago says she still panics when she opens her post and feels 'stupid' because her ex no longer has any control.

A good response

You tell her that this kind of alert reaction is common and makes sense after long control, and that it does not mean she is stupid. You suggest a small step, such as opening post at a set time with a cup of tea or with a friend, invite her to try the calming exercises from Module 4, and offer information about free counselling if she would like it.

Why it works

Normalising the reaction reduces shame. A small, practical step builds confidence, and offering specialist support respects the limits of your role.

Checklist

- ☐ I recognise anxiety, shame, loss of confidence and grief as common reactions.
- ☐ I do not minimise her feelings or tell her how she should feel.
- ☐ I acknowledge her progress, however small.
- ☐ I know where to refer her for psychological support or peer groups.
- ☐ I stay within my role and do not try to act as her therapist.



Useful FIRE tools: *Calm toolkit*, *Strengths inventory*, *My resilience plan* (fire.elnlab.eu)



SECTION 5

Connecting women with services and local resources

The main types of support, what happens when a woman contacts a service, how to contact one safely, and your local resource map.

Key points

- You are often the bridge between a woman and the support network.
- Main types: helplines, anti-violence centres and shelters, legal and financial advice, psychological support and peer groups.
- Explaining what happens when she calls reduces the fear of the first step.
- Share simple precautions if she fears her phone or computer is monitored.
- Keep an up-to-date map of local resources you can hand over discreetly.
- Contacting a service does not mean reporting or making irreversible decisions.

No woman should have to face economic abuse alone, and in most cases she does not have to, because a network of services exists for exactly this purpose. Trainers, educators and staff often act as a bridge between her and this network: knowing what exists, what it does, and how to refer safely.

The main types of support:

Helplines: free and confidential phone lines, chat and messaging services, often available 24 hours a day and in several languages. They offer a first listening ear and refer to local services. In Italy the national number is 1522 (free, 24/7, also by chat and the 1522 app); in Germany, 116 016 (Hilfetelefon Gewalt gegen Frauen); in Portugal, 800 202 148 (Serviço de Informação às Vítimas de Violência Doméstica).

Anti-violence centres and shelters: counselling, legal and practical support and, when necessary, safe accommodation for women and children, regardless of nationality.

Legal and financial advice: legal aid for victims of violence (in Italy, for some crimes, whatever their income; in Germany and Portugal usually depending on income), advice on debt and economic rights, help in disputing debt taken out without consent.

Psychological support and peer groups: individual or group support, often free, that helps women process their experiences and rebuild confidence and social networks.

What actually happens when a woman contacts one of these services? A trained person listens without judging, explains the options and rights available to her (including ones she did not know about), puts her in touch with the most suitable local services, and keeps the conversation confidential, often anonymous too. Knowing this in advance can greatly reduce the fear of taking the first step.

If she fears that her partner monitors her phone or computer, some precautions can help her contact a service safely: choosing a moment when she cannot be overheard; using a trusted device, or choosing chat and messages if calling is not safe; browsing in private mode and clearing the history; and letting the service suggest the next steps, without rushing.



A concrete task for anyone working in the field is to build, and keep up to date, a map of local resources: the national anti-violence helpline, the nearest anti-violence centre, the employment office, a welfare or legal advice office, the municipal social services and the family counselling centre. Having these at hand, perhaps on a simple sheet that can be handed over discreetly, means you can respond promptly the moment a woman decides to ask for help, without making her wait or putting her off.

Finally, when the time is right, remind women that turning to a service does not necessarily mean 'reporting' or making irreversible decisions. She can simply start by hearing what is available, with no obligation, and then choose what to do with more knowledge.

Say this	Avoid this
Calling a helpline doesn't mean reporting anyone. You can just ask questions and hear your options.	You need to call the police.
If calling isn't safe, many services offer chat. Would that work better for you?	Just call them tonight from home.

Scenario

The situation

A participant asks, almost in passing, whether there is anywhere she could get advice 'for a friend' whose husband controls all the money. She mentions that her husband checks her phone.

A good response

You answer the question as asked, without probing. You explain what a helpline and a legal advice service do and what happens when you contact them, and offer the printed local resource sheet. You mention that she could use a centre computer or a chat service at a safe moment.

Why it works

Respecting the 'friend' framing keeps her safe and in control. Practical, discreet information and safe-contact tips lower the barriers to the first step.

Checklist

- ☐ I have an up-to-date local resource map, including the national helpline and the nearest anti-violence centre.
- ☐ I have a discreet printed sheet with contacts ready to hand over.
- ☐ I can explain what happens when a woman contacts a service.
- ☐ I know the precautions for contacting a service if her devices are monitored.
- ☐ I make clear that contacting a service does not mean reporting or deciding anything.

Useful FIRE tools: Find support, Know your rights, Safe money check (fire.elnlab.eu)



SECTION 6

Assessing immediate and long-term safety

Questions that help assess current risk, what a practical safety plan includes, and how to support long-term economic security step by step.

Key points

- A safety plan is a practical form of self-care, for women who stay and for women who leave.
- Moving towards independence can be the moment of greatest risk.
- A plan covers contacts, documents, emergency money, a safe place and a discreet way to ask for help.
- Long-term safety means building economic security step by step.
- The path is not linear; several attempts are part of the process, not a failure.
- She decides when and how to move; you offer tools and a constant presence.

Leaving a situation of economic abuse, or even just beginning to address it, needs attention both to safety in the present and to building stability for the future. A safety plan is not a bureaucratic procedure: it is a practical form of self-care, useful both for women who stay and for women who decide to leave.

Immediate safety. Some questions can help assess the current level of risk. Does she have access, even minimal, to money of her own? Does she know who to turn to in an emergency? Does she have a safe place to go if needed? Are there signs that the situation is getting worse (threats, growing control, increased isolation)? Remember that the moment a woman begins to distance herself from an abusive relationship, even with small steps towards independence, can be the moment of greatest risk, because the abuser may sense a loss of control and react more aggressively.

A practical safety plan can include:

Knowing by heart, or keeping in a safe place, the numbers of helplines and of a trusted person who can be called at any time.

Keeping a copy of important documents somewhere only she can access.

If it is safe, setting aside a small amount of emergency money.

Identifying in advance a place she could go to quickly if necessary.

Thinking of a discreet way to ask for help, even just a word agreed with a trusted person.

Long-term safety. Beyond the emergency, building economic security is a process that develops step by step: opening, or starting to use, a bank account in her own name; knowing her rights on housing, work and credit; starting a basic financial literacy programme; and building, little by little, a network of trusted people (friends, family, colleagues) who reduce isolation.

Help her see this path as a series of steps, not a leap: recognising that something is wrong; making a first safe contact; building a concrete plan with a service; then acting at her own pace, with ongoing support.



The path is not linear, and it often takes several attempts before it leads to lasting change. This is not a failure, but part of the process.

If you accompany these journeys, your role is to keep hope alive without ever forcing the pace. She is always the only one who can decide when and how to move. Your task is to offer the tools and the constant presence she needs to do so safely, when she is ready.

Say this	Avoid this
Some women find it useful to think through a few 'just in case' steps. Would you like to do that together?	If you don't leave now, it's only going to get worse.
Going back and forth is very common. It doesn't undo what you've learned.	But last month you said you were ready. What happened?

Scenario

The situation

A woman tells you she has started a part-time job and opened her own bank account. Since then her partner has become more watchful and has made threats about 'what happens if she leaves'.

A good response

You recognise her progress and say calmly that the moment a woman gains independence can be a time of higher risk. You ask whether she knows who to call in an emergency and whether she has a safe place to go, and offer to go through a safety plan together, keeping any written copy under a neutral title. You suggest contacting an anti-violence centre for a fuller risk assessment.

Why it works

Growing control and threats are warning signs. Naming the risk without alarm, and planning together, protects her while respecting her choices.

Checklist

- ☐ I can ask the four questions on immediate risk calmly and without pressure.
- ☐ I know that steps towards independence can increase risk.
- ☐ I can go through the five elements of a practical safety plan.
- ☐ I support long-term steps: own bank account, knowing her rights, financial literacy, a trusted network.
- ☐ I treat setbacks as part of the process, not as failure.
- ☐ I refer to specialist services for risk assessment when there are signs of danger.

Useful FIRE tools: My safety plan, Find support, Safety-net and savings planner, Budget builder (fire.elnlab.eu)





Economic abuse is common, harmful and often hidden. You do not have to be an expert to make a difference: noticing, listening without judgement, believing her and knowing where to refer her already change a great deal.

Look after yourself as well. Share difficult moments with colleagues or a supervisor, and know the limits of your role.

The FIRE training modules, Training Pills and interactive tools are free to use with the women you support, in groups or for self-study.

References

- EIGE (2023). Understanding economic violence against women: the need for harmonised definitions and data in the EU: <https://eige.europa.eu/publications-resources/publications/understanding-economic-violence-against-women-need-harmonised-definitions-and-data-eu>
- Directive (EU) 2024/1385 of 14 May 2024 on combating violence against women and domestic violence: <https://eur-lex.europa.eu/eli/dir/2024/1385/oj>
- Council of Europe Convention on preventing and combating violence against women and domestic violence (Istanbul Convention, CETS No. 210): <https://rm.coe.int/168008482e>
- Council of Europe: Istanbul Convention, action against violence against women and domestic violence: <https://www.coe.int/en/web/istanbul-convention/home>
- 1522 Anti-violence and stalking helpline (Italy): <https://www.1522.eu/>
- Hilfetelefon Gewalt gegen Frauen, 116 016 (Germany): <https://www.hilfetelefon.de/>
- CIG, Commission for Citizenship and Gender Equality (Portugal): <https://www.cig.gov.pt/>

