



SALT LAKE CITY

Consumer Protection

Fraud Stigma

You are not alone.

Fraud Stigma

Many people who have been the victim of consumer fraud feel stigma, shame, and embarrassment at having been defrauded of their hard earned money. These feelings are natural and occur throughout our lives for many different reasons. But it's important to recognize that these feelings should not stop us from protecting ourselves and seeking help when we need it.

If you have been the victim of fraud you may be dealing with feelings just like these. But recognize that you are not alone. Every year fraudsters scam millions of people. They are deceptive, pervasive, and very sophisticated.

You are not alone.

There is hope.

Signs You May be Affected by Shame and Stigma

1. You tell yourself things like,
 - a. "I'm so stupid and worthless. How could I fall for something so obvious?"
 - b. "It's all my fault. If it wasn't for me, my family wouldn't be in this situation. I'm worthless."
 - c. "I wish I could disappear."
2. You're angry or experience intense mood swings.
3. You feel tightness in your heart and chest.



Dealing With Shame

Stigma, Guilt, and Embarrassment

Dealing with shame is not easy. It takes hard work and doesn't go away overnight. But if you make the effort you can make a change in your life for the better.

- **Name Your Shame!** Bring it to light by acknowledging it's existence. Once you recognize it's existence you have a baseline for talking about it with others.
- **Talk About It.** Talk to trusted friends, family members, or a mental health professional. Shame is a destructive and isolating feeling. It cuts us off from the world. Makes us feel alone and unworthy. By talking recognizing it's existence and talking about it with trusted loved ones you are taking it's power away.
- **Decide to Move Ahead.** You may have a long road ahead of you. But walking that road begins one step at a time. Make the decision to put one foot in front of another and move ahead with healing.

- **You Are Not What You've Done.**

Recognize that everyone makes mistakes. Fraudsters are successful because they have a highly developed understanding of how to deceive you. They take what's best about people, our trust and our caring natures, and turn it against us. We should not feel shame for trying to be a good person.

- **Recognize What Triggers You.** One of the most helpful things you can do to deal with your feelings is recognize what causes them to surface. Once you recognize them you can work to develop strategies to deal with them.

- **Seek Professional Help.** Mental health is health. A mental health practitioner can help you develop strategies for overcoming your feelings.



KNOWLEDGE IS POWER

The old adage, "Knowledge is power" holds especially true in empowering yourself against fraud. The more educated you are on fraud, the less likely you are to become a victim of it.

You can take charge of your life and make sure this doesn't happen to you again by empowering yourself. Learn as much as you can about how to spot and avoid fraud.

Check out SLCCP's website to find guides about how to spot and avoid fraud:

[SLC.gov/ConsumerProtection/Guides](https://slc.gov/ConsumerProtection/Guides)

Mental Health Resources

National Alliance on Mental Illness Helpline

Call 1-800-950-NAMI (6264)

Web: [NAMI.org](https://nami.org)

Email: Info@nami.org

National Suicide Prevention Lifeline –

Call 800-273-TALK (8255)

If you are experiencing an emergency please call 911 immediately.



What is SLCCP?

Salt Lake City Consumer Protection is a local government program dedicated to the idea that Salt Lake City consumers have the right to a sense of security about the products and services they spend their hard earned money on. SLCCP is here to deter unfair, deceptive, and fraudulent business practices by exercising the municipal authorities of Salt Lake City. By doing so we hope to maintain a fair marketplace and empower consumers and businesses to support a local culture of ethical business practices.



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File a report at:

[SLC.gov/ConsumerProtection](https://slc.gov/ConsumerProtection)

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Email: ConsumerProtection@slcgov.com