

## How to protect yourself from Scams



**This is quick and easy advice about how to protect yourself from scams.**

Scams are set up to con you out of your money. They usually come by post, phone or email.

Some tricks scammers may try are to send you

- Fake lotteries and prize draws,
- fake psychic predictions,
- get-rich-quick investments, or
- 'miracle' health cures.



Every year three million people fall victim, losing an average of £850 each. Sometimes people lose a great deal more. And it's not just your money that's at risk. Being taken in by a scam can be very upsetting.

People that try to scam you are clever.

## How to protect yourself from scams

- Be suspicious
- If it sounds too good to be true, it probably is.
- Be wary of people who contact you out of the blue. If you get a phone call, email or letter from someone you've never heard of, this could be a scam.
- Do not be forced into making a quick decision.



For **more** help and advice please contact  
Citizens Advice consumer service on 08454 040506.

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- Scammers don't like to give you time to think. They will try to pressure you into making a decision by saying things like 'If you don't act now, you'll miss out.'
- Never give your personal information or bank account details to someone you don't know.
- If you are unsure whether something is a scam do not reply and either throw it away or call Consumer Direct for advice on 08454 04 05 06.

**The message is STOP, THINK and THINK AGAIN**



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