

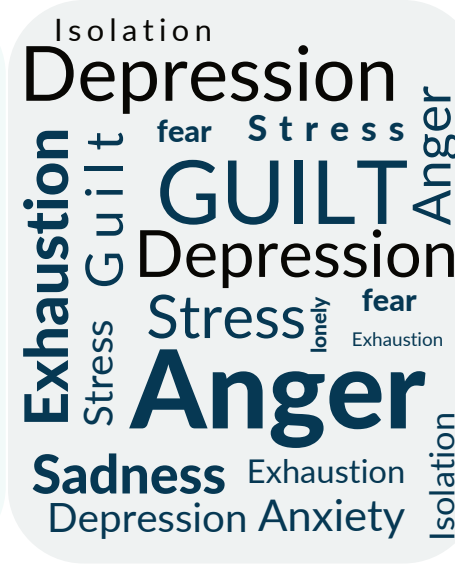
0-3 Months  
Post-Fraud



3-6 Months



6-9 Months



9-12 Months



Examinations of the language employed by victims of financial cybercrimes reveal a significant shift over time, with a marked increase in references to their psychological state and usage of words that harken back to the event. This language shift underscores the complex post-traumatic stress response they are grappling with. In the year succeeding the incident, the variety of language they employ to discuss their mental health widens considerably. Among the newly adopted expressions, there is a notable surge in the use of terms that convey negative emotions. Words encapsulating sentiments such as anger, frustration, trauma, guilt, shame, and skepticism, among others, become strikingly more common, indicating the prolonged psychological impact these crimes have and reinforcing the complex post-event emotional processing and mental health struggles following these events.



POST EVENT  
INTERVENTION



POST EVENT  
SUPPORT

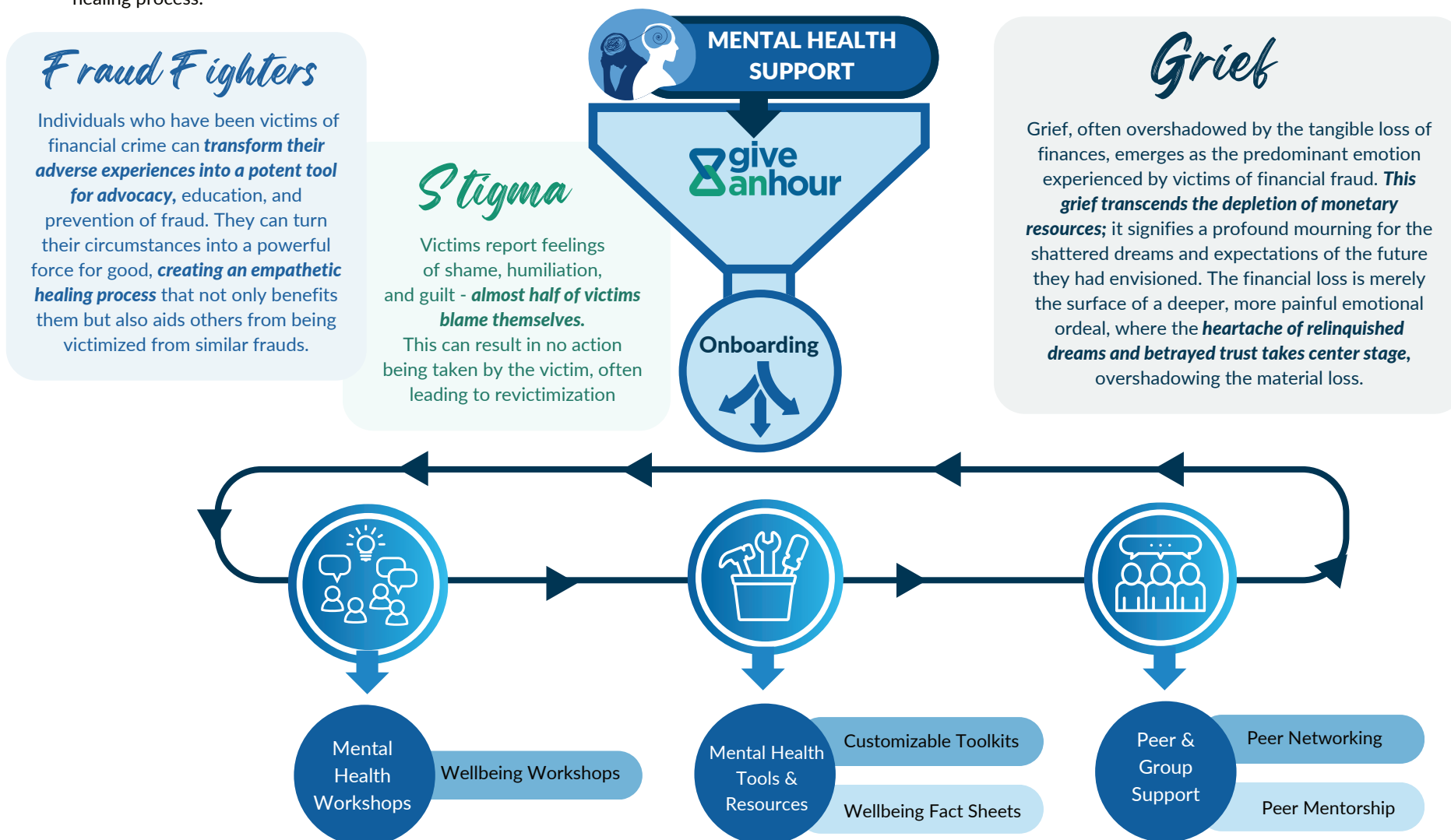


HEALING &  
RECOVERY

# The Journey to Recovery

As individuals navigate the tumultuous aftermath of financial fraud, reaching a point of readiness to seek help marks a significant milestone. Whether this readiness stems from self-acceptance and a personal desire to pursue mental health support or is ignited by the compassionate intervention of friends, family, and loved ones, it is a crucial step toward recovery. At this juncture, Give an Hour stands as a guiding light, ready to help victims of financial fraud orient the choices available for their healing journey.

Give an Hour recognizes that each person's path to recovery is unique and offers a tailored approach to fit individual needs. Our services include facilitating peer-groups, where survivors can share their lived experiences and find solace in the company of those who truly understand their struggles. Additionally, we provide access to various tools and resources designed to support well-being and aid in recovery. For those seeking a more structured path, our workshops offer wellness strategies to aid in the healing process.





Anxiety  
Depression  
Stress  
Anger

The four most prevalent mental health challenges reported by individuals who have experienced victimization.



Stephanie and Chris represent composites of actual individuals we interviewed and common themes across experiences.

Two years ago, I lost \$25,000 to a scam during a vulnerable period after my 25-year marriage ended. I joined a dating site and met 'Joe Thomas,' who claimed to be a soon-to-retire engineer. He said he had to complete a project in Malaysia, disrupting our plans to meet. Frequent calls, emails, and convincing photos of his work persuaded me this was real.

A few months in, 'Joe' claimed his savings account with \$70,000 had been stolen, leaving him with no access to his accounts or money for food. He promised to repay and even offered to buy me a \$2 million house. I sent him my savings. He later asked me to sell my house to pay his 'striking workers' and even suggested I courier \$200,000 cash to him illegally.

Finally, after confronting his so-called solicitor and a painful call with 'Joe,' I realized it was a scam. I reported it to the police, who confirmed the scammer's identity. My friends' reactions were hurtful, making me feel foolish and naïve. I was humiliated and financially devastated. However, finding solace in a support group has been wonderful. I don't feel so alone. Although my financial security is shaken and recovery is a work-in-progress, I'm still here and healthy.

I lost \$45K to an investment scam. I was lured by 'Max Hughes,' who portrayed himself as an experienced investor promising substantial returns. He claimed an urgent overseas project precluded our face-to-face meeting. He seemed to have a credible investment portfolio which convinced me of his authenticity.

Over time, 'Max' concocted a story about an unforeseen business hurdle needing immediate financial aid. He guaranteed repayment and sizable returns, compelling me to deplete my savings. He later urged me to secure a loan to bolster his struggling project.

The realization dawned - I was a victim of a scam. Upon reporting to the police, they confirmed 'Max's' fraudulent history. Following the fallout, my wife left me; exacerbating my sense of shame. I was depressed, hopeless, and alone. However, finding a support group proved to be my saving grace. Despite my financial setback and ongoing recovery, I'm standing strong, ready to regain my footing.

Empowering *Minds*  
*Inspiring* Growth

## Why Peer Support Works:

**Empathy and Understanding:** Peer-support fosters empathetic dialogue and reduces isolation, addressing the stigma tied to being a financial fraud victim.

**Lived Experience as Guidance:** Stories from those with similar experiences offer practical strategies for financial and emotional recovery, simplifying the overwhelming recovery process.

**Therapeutic Storytelling:** Sharing experiences allows victims to process emotions, control their narrative, and build resilience, proving essential for therapeutic recovery.

## We Hear You

Give an Hour and the FINRA Foundation are diligently listening directly to victims of financial fraud to understand the ramifications of these crimes, and to provide solutions that overcome existing hurdles and fill the gaps in seeking mental health support.

Victims of financial fraud often grapple with a multifaceted battle that extends beyond monetary loss, dealing with intense emotional distress and strain on personal relationships, among other things. Navigating a recovery path can be daunting, filled with potential pitfalls, including the risk of re-victimization. Although some support services are currently available to victims, the main emphasis is on justice and financial recuperation. ***The tremendous mental health needs of financial fraud victims are often overlooked or unaddressed.***

***Give an Hour and the FINRA Foundation aim to fill that gap by offering a spectrum of mental health support tools and resources.*** Among these, peer-support stands out as a beacon of hope. The shared experiences and understanding that stem from such interactions often prove to be invaluable, providing victims with the resilience they need to journey towards recovery and build defenses to ward off re-victimization.

### WHO DID WE LEARN FROM?

Fraud Victims

Subject Matter Experts

Clinicians

Law Enforcement

Regulatory Authorities

Academic Researchers

### WHO IS IMPACTED BY THIS JOURNEY?



#### \$10 Billion lost to Fraud

Newly released FTC data shows that consumers reported losing more than \$10 billion to fraud in 2023, This marks a 14% increase over reported losses in 2022.



#### Millions Affected

In 2023, The FTC received fraud reports from 2.6 million consumers. Investment scams led to the highest losses at over \$4.6 billion, a 21% increase from 2022, surpassing imposter scams which reported nearly \$2.7 billion in losses.



#### 47% of Victims Blame Themselves

In a survey by the FINRA Foundation nearly half (47 percent) of financial fraud victims blamed themselves for the crime; A majority reported feeling angry, regretful, betrayed, helpless, and embarrassed.



#### 38% of Victims Sought Mental Health Support

A TREND social listening analysis found that, on average, 38% of victims sought mental health support through forums such as Reddit.



30 Victims  
Interviewed



Social  
Listening  
1.5K Victims  
Analyzed



In-Depth  
Analysis  
of 158  
Victims