

# Protect yourself from 'phishing'

Be more aware of ways hackers and scammers try to gain access to data by email, text, phone, WhatsApp etc.

NOTE: The world of spam emails and in particular email phishing is constantly evolving, but it's better for us to offer some advice rather than none.

## What is phishing?

The practice of sending fraudulent communications that appear to come from a legitimate and reputable source, usually through email and text messaging. The attacker's goal is usually to:

- gain access to your email address and password
- to install malware on your phone/computer
- to steal sensitive data from you or your organisation
- gain your bank or card details to be able to steal money

## How to protect yourself from phishing

If you come accross better video or written guides, than we have here, place [contact Digital team](#) with your suggestions.

- [Spotting dodgy 'domains'](#)
  - [Way to help you decide if an email is genuine](#)
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