Keeping safe

What is abuse?

Abuse is when someone says or does something to upset, scare or frighten you.

Abuse is always wrong

What if I'm not sure if it's abuse?

Talk to someone you trust or phone the safeguarding report number. It is better to speak up.
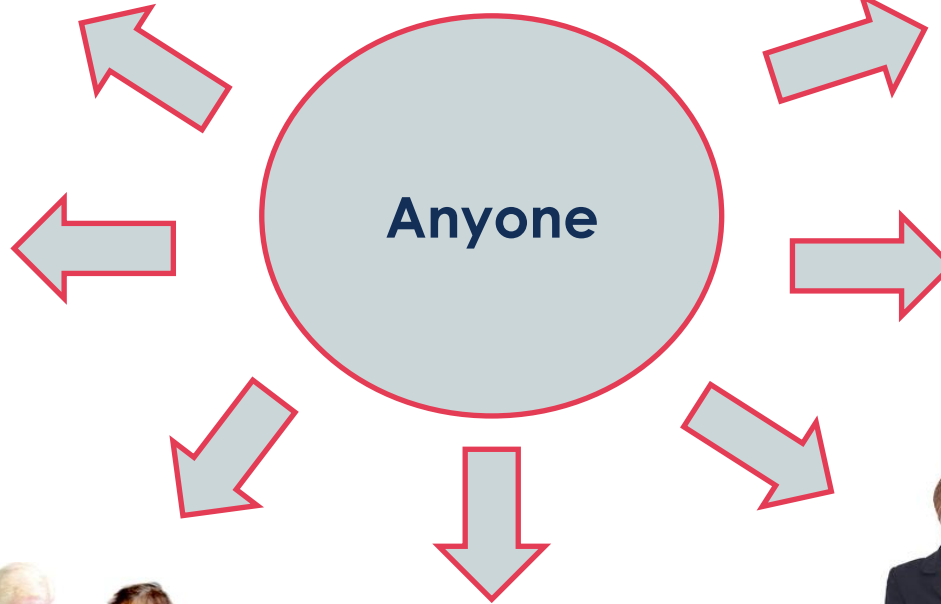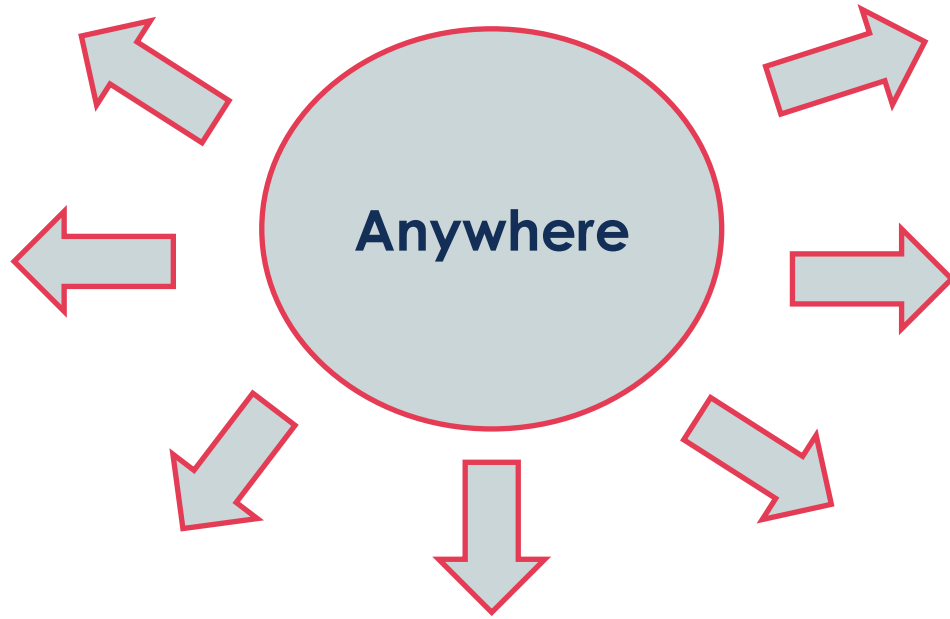
Who can abuse?

carer

boss

Anyone

supporters

parents

friends

health staff

council staff

Where can abuse happen?

Home

Library

College

Anywhere

Cafe

Hospital

Social Club

Day Centre

Who can you tell?

carer

boss

Who can help you?

parents

supporters

friends

health staff

council staff

What can you do?

Tell someone you trust

Speak to your advocate

020 8969 3000

Ring your council and ask for adult social care

Ring the police on **999** if it's an emergency

Ring the police on **101** if it's not an emergency

Remember if you are not sure its abuse, **ASK**!