



Domestic abuse and how to get help



Contact us on
0300 123 22 24
adults@somerset.gov.uk



**We use pictures to help you understand this leaflet.
Some of these pictures might upset you.**

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Who we are

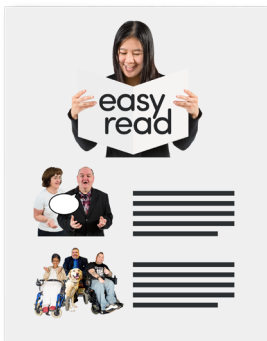


We are **Somerset Safeguarding Adults Board**.

Safeguarding means making sure people are safe.



We work with other organisations to make sure all adults can live safely in Somerset.



This leaflet tells you what **domestic abuse** is and what you can do about it.



This leaflet might upset you.

You can ask someone you trust to read it with you.

What is abuse?



Abuse is when someone does or says something that hurts or upsets someone else.

Abuse can happen to anyone.



Abuse is never OK.

No one has the right to abuse people.



Abuse normally happens over weeks, months or years.

But abuse can also happen once.



This leaflet tells you about **domestic abuse**.

What is domestic abuse?



Domestic abuse is when someone hurts, controls or scares another person who they know well.



For example, it can be

- **Emotional abuse**, like shouting and swearing at someone.



- **Physical abuse**, like hitting, pushing or kicking someone.



- **Sexual abuse**, like forcing someone to do sexual things.



- **Financial abuse**, like taking someone's money.

Who might carry out domestic abuse?



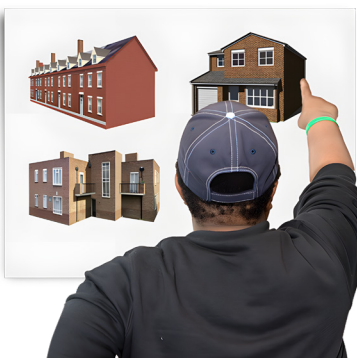
Most people are kind and respectful.

But someone you know or trust could abuse you.



It could be

- A husband or wife
- A boyfriend, girlfriend or partner
- An ex from an old relationship
- A parent
- A son or daughter over 16 years
- Anyone else who is close to the person being abused.



Domestic abuse can happen anywhere.

Signs of domestic abuse

Someone might have



- Bruises
- Burns
- Broken bones.



Someone might be upset a lot.
Or find it hard to focus on things.

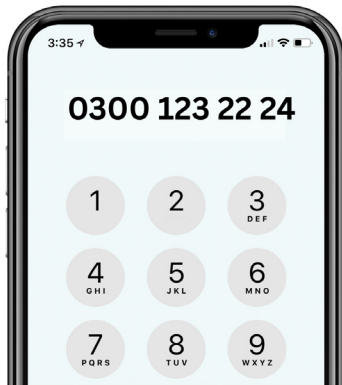


Someone might not be allowed to use the phone or to go out.



They might look scared when they get a message or the phone rings.

Who to contact for help



You can contact Somerset Council about abuse on

- Phone **0300 123 22 24**
Monday to Friday
8.30am to 5.30pm



- Email **adults@somerset.gov.uk**



Somerset
Council

You can call the Out of Hours team at Somerset Council on **0300 123 23 27**.



You can also contact the police about the abuse.

- Call **101**
- Or call **999** in an emergency.

More information



You can find more information on our website

www.SomersetSafeguardingAdults.org.uk



You can also use your phone to scan this QR code to visit our website.



We have a leaflet with more information on each type of abuse.



**Abuse is never your fault.
We are here to help you.**



This Easy Read document has been tested by a team of consultants with learning disabilities.

www.OpenStoryTellers.org.uk