

Emotional 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

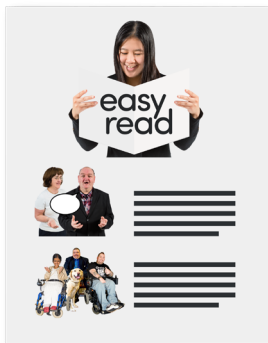


We are **Somerset Safeguarding Adults Board**.

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 **emotional 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 **emotional abuse**.

What is emotional abuse?



Emotional abuse is making someone feel bad or worried.

For example,



- Bullying someone or calling them names.
- Treating someone like a child.



- Somebody saying they will hurt another person if they do not do what they want.
- Taking away someone's wheelchair or hearing aids.



- Embarrassing someone on purpose.
- Blaming someone when bad things happen.

Who might carry out emotional abuse?



Most people are kind and respectful.

But someone you know or trust could abuse you.



It could be a

- Partner, child or family
- Friend or neighbour
- Parent
- Workmate
- Volunteer
- Housemate
- Care or support worker
- Stranger



Emotional abuse can happen at home or outside the home.

It can happen anywhere.

Signs of emotional abuse

Someone who is emotionally abused might



- Look more worried.
- Eat less than normal.
- Lose their confidence.
- Hurt themselves on purpose.



They might not be allowed to

- Have visitors.
- Phone people.
- Leave their bedroom.

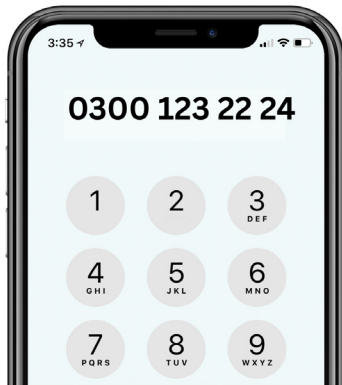


Someone might have hidden their wheelchair or hearing aid.



They might get lots of bullying messages on social media or on their phone.

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