

What is 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.**

Contents



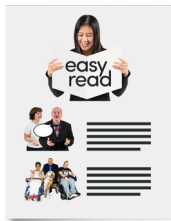
Who we are

page 3



What is abuse

page 4



Types of abuse

page 5



Who might carry out abuse

page 8



Signs of abuse

page 9



Who to contact for help

page 10

Who we are

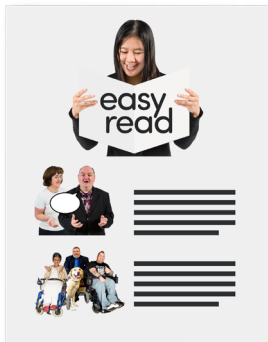


We are **Somerset Safeguarding Adults Board**.

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 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.

Different types of abuse



This leaflet tells you about 10 different types of abuse.



1. Physical abuse is when someone hurts another person.

Like hitting, pushing and kicking them.



2. Emotional abuse is making someone feel bad or worried.

Like bullying them.

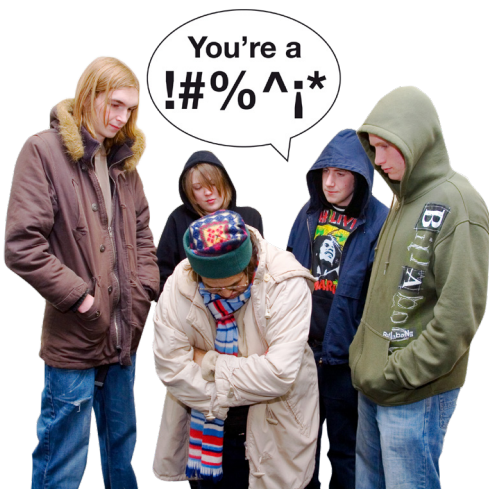
This could be on social media or in person.



3. Domestic abuse is when someone hurts, controls or scares another person in their home or family.



4. Institutional abuse is when an organisation or service does not give people good care which causes them harm.



5. Discrimination is a type of abuse.

It is when someone treats a person badly because of who they are.

For example, because of their race or disability.



6. Financial abuse is when someone tricks somebody into giving them money or things.



7. Sexual abuse is when somebody makes another person do sexual things when they do not want to.



8. Modern slavery is when someone forces another person to work for them or other people.

For example, doing housework or sex work, like being a prostitute.



9. Neglect is when someone does not get the care they need.

Like food or heating.



10. Self-neglect is when someone cannot look after themselves or their home.

Who might carry out abuse



Most people are kind and respectful.

But a stranger or someone you know or trust could abuse you.



It could be a

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



Abuse can happen anywhere.

Signs of abuse

Someone who is abused might



- Have cuts and bruises.



- Have problems going to the toilet or wet themselves.

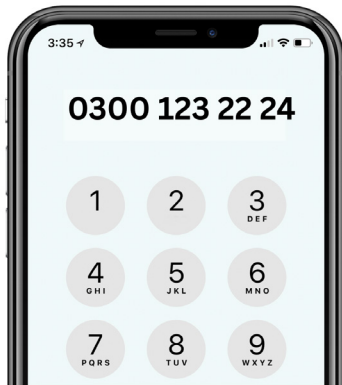


- Look scared when people get near them.
Or seem sad or upset.



- Try to cover up their body.

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

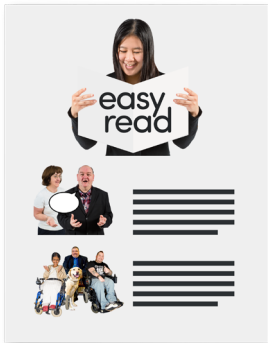


You can find more information on our website

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