

Safe from adult abuse

How to protect yourself and
report adult abuse



Say NO to abuse
Telephone: 020 3373 0440

What is abuse?

Abuse is when someone does something wrong to you that hurts you, frightens you or makes you unhappy.

There are different kinds of abuse.

Physical abuse

This is when someone hurts your body. It could be by hitting or kicking you.



Sexual abuse

This is when someone touches you in places you don't want them to, makes you touch them or have sex with them.



Emotional abuse

This is when people say nasty things to you which hurt your feelings or shout at you. They might call you names, laugh at you, threaten you or even ignore you.



Stealing

This is when someone takes your money or belongings without asking or forces you to let them take things.

Neglect

This is when you are not being looked after properly. You may be hungry, cold or be wearing dirty clothes because you are not getting the support you need.



Discrimination

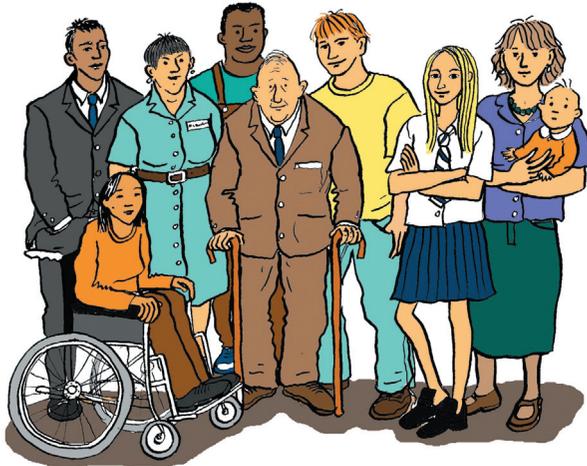
This is when people are mean to you because you are different. It might be because of the colour of your skin, a disability, your religion or your age.



Who might abuse you?

Anyone could abuse you.

It might be a stranger or someone you know.



Where might abuse happen?

Abuse can happen anywhere, at any time.

- At home
- At a day centre or college
- At work
- In a hospital
- At a club



Who can I tell?

Tell someone you trust, as soon as you can.



What happens next?

If you tell the police or your social worker, they will:

- Listen to you
- Help you stay safe
- Find out more
- Give you help and support



Important contact information

NEWHAM COUNCIL

Safeguarding Newham

The council has a dedicated contact number for the public and customers to report abuse and raise alerts at any time:

Telephone: **020 3373 0440 (24 hour reporting line)**

Email: **safeguarding.adultsadmin@newham.gov.uk**

Website: **www.newham.gov.uk/safeguardingadults**

If you wish to raise a safeguarding adults' alert please send it to:

Accessto.AdultsSocialCareTeam@newham.gov.uk

ACTION ON ELDER ABUSE

Helpline UK: **0808 808 8141**

POLICE

If you believe a crime may have been committed contact the Police Community Safety Unit:

Telephone: **101**

If it is an emergency dial **999**

Monday - Friday
9:00am - 5:00pm

402214



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