



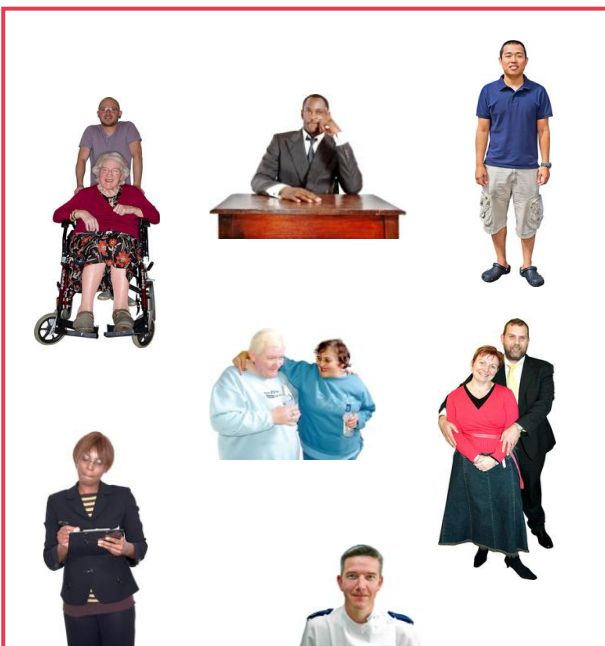
## Keeping safe from abuse and neglect



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



It is also abuse when someone harms you or neglects you.



Anyone can abuse you.



Abuse can happen anywhere.



Speak up even if you are not sure whether it's abuse.



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



Ring your local council and ask for adult social care. Tell them what's happening to you.



Email [safeline@advocacyproject.org.uk](mailto:safeline@advocacyproject.org.uk) to speak with our safeline service, or talk to your advocate.