

## What the Adult Services team can do

- We will listen, help and support.
- We will work with you to stop the abuse and to protect from further harm.
- We will take steps to ensure other people are safe from harm.
- If a crime has been committed, we will work with the police.
- If we cannot help, we will find out who can.

**Physical**

[www.hants.gov.uk](http://www.hants.gov.uk)

[www.southampton.gov.uk](http://www.southampton.gov.uk)

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## Who can help?

If the person is seriously hurt phone an ambulance on 999.

If you think a crime has been committed phone the police on 101.

Tell someone you trust and give them this leaflet.

### Contact your Local Adult Services Team

If you live in Hampshire call 0845 603 5630.

If you live in Southampton call 023 8083 3003.

If you live in Portsmouth call 023 9268 0810.

Confidential whistle blowing helpline 0800 0724725.

# SPEAK OUT...

## If we know, we can help

Are you or someone you know being harmed or living in fear of abuse?

Safeguarding is everyone's business

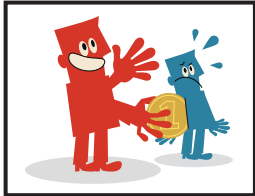


 Hampshire County Council

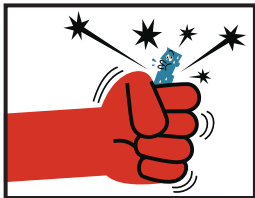
 SOUTHAMPTON CITY COUNCIL

## What is meant by abuse or harm?

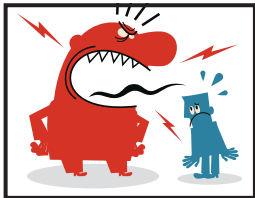
Abuse is anything that hurts or harms another person and might include:



- **Financial abuse**  
Money, welfare benefits, belongings or property being withheld or stolen by another person.



- **Physical abuse**  
Hitting, pushing or locking someone in a room.



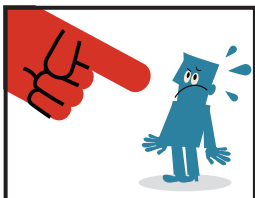
- **Emotional abuse**  
Shouting, swearing, bullying, teasing or humiliating someone and threats.



- **Neglect**  
Ignoring medical or physical care needs.



- **Sexual abuse**  
Being made to do things of a sexual nature against someone's will.



- **Discrimination**  
Comments or jokes about a person's disability, age, race or sexual orientation.

Everyone is entitled to live a life free from fear and harm. We can support people at risk of harm to make choices and to stay safe.

All forms of abuse are unacceptable!  
It could be a criminal offence

## Getting help and support

If anyone has been seriously injured or is in danger, dial 999. If you think a crime may have been committed, contact the police by dialling 101.

Otherwise contact your local Adult Services team. They will provide immediate guidance.

All reported concerns will be taken seriously.

## Who might abuse?

Anybody, for example:

- Family, friends or neighbours.
- Carers or volunteers.
- Doctors, nurses, support workers or other professional people.
- Strangers e.g tradespersons, callers on the telephone or at the door.

**SPEAK OUT...**

If we know, we can help

**Financial**