

## If you are worried or have a concern

You can contact staff at your local safeguarding team on the telephone numbers below.

### Wirral

Telephone: 0151 514 2222

### Cheshire West and Chester

Telephone: 0300 123 8123

### Cheshire East

Telephone: 0300 123 5010

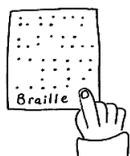
### Trafford

Telephone: 0161 912 5135

## Stop abuse and keep safe



This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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This leaflet tells you what abuse is and how to keep yourself safe

# Abuse

What is abuse?



Abuse is when someone does or says something to you that makes you upset or frightened.

You may be too scared to try to stop them or to tell someone about it.

**Abuse is always wrong**

**Abuse happens in lots of different ways**

## Physical abuse

This is when someone hurts you. This could be by

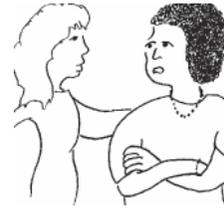
- Hitting
- Kicking
- Burning
- Pulling hair
- Pushing



# What happens next



- You will be listened to



- You will be kept safe



- You will be asked for more information



- You will get the help you need

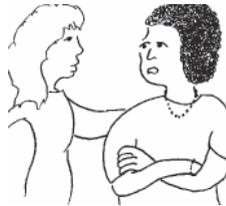
## Who can you tell



You should tell someone you trust as soon as possible to get the help you need.  
You can tell



- Family



- Friends



- Doctor or nurse

- Staff who support you



- The Police



## Abuse happens in lots of different ways



### Sexual abuse

This is when someone

- touches your private parts when you don't want them to.
- makes you do sexual things that you do not want to do.
- Shows you pictures of sex that makes you feel uncomfortable.



### Emotional abuse

This is when somebody makes you feel unhappy, sad, or afraid

- Calls you nasty names
- Makes fun of you
- Ignores you
- Blames you for things you have not done



## Abuse happens in lots of different ways

### Financial abuse

This is when someone takes something that belongs to you without asking.  
Or makes you give them things that belong to you

- Stealing your money
- Taking your things
- Making you pay for other peoples things
- Not letting you choose how you spend your money



### Neglect

This is when people are not giving you the right amount of help

- Not looking after you
- Not keeping you warm
- Not keeping you safe
- Not giving you enough staff
- Not helping you with your food



## Abuse happens in lots of different ways

### Discrimination

This is when people treat you unfairly because

- You are disabled.
- You are old.
- You have a different coloured skin.
- You have a different religion.
- You speak a different language.
- You are gay or lesbian.



## Where does abuse happen?

Abuse can happen anywhere



At home

In the day centre

In hospital