

Are you being abused or neglected?
We can help.

Understanding and reporting abuse

Easy read guide



What is abuse?



Abuse can be when someone does something or says something that makes you feel upset or scared.

Abuse is wrong.

Abuse is not your fault.



Emotional abuse

This is when someone says something nasty to you or makes fun of you.



Physical abuse

This is when someone hurts your body.

They might hit you, kick you, burn you or hold you down.



Sexual abuse

Sexual abuse is when someone touches you in a way you do not like or do not understand.

They might touch your private parts, undress you or have sex with you when you don't want them to.



Financial Abuse

Financial abuse is when someone takes your money or your belongings without asking.

Financial abuse can be when people don't let you choose how you spend your money.



Modern Slavery

This is when someone is held against their will and forced to work.



Domestic Abuse

This is when a partner or family member threatens you, hurts you, or abuses you.



Neglect

This is when you are not given things you need, like food, medicine or clean clothes.



Paid People giving Poor Care

This is when care services provide poor care to people, like being ignored or not treated properly by staff.



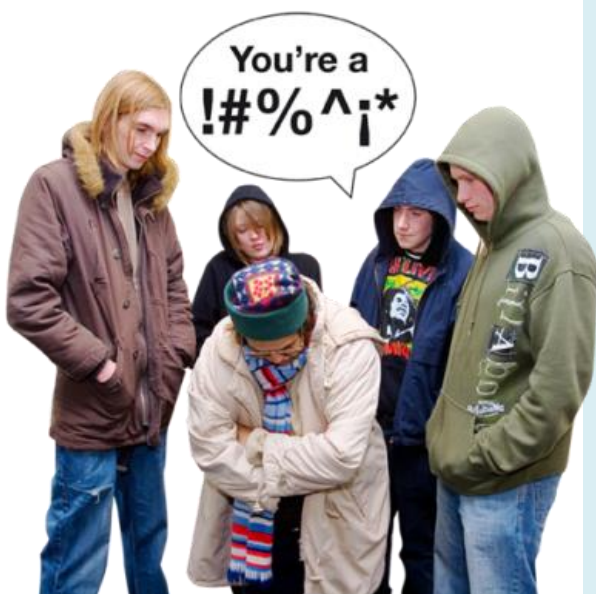
Self-neglect

This is when someone does not take care of themselves. This might be not washing properly, or not being healthy.



Hate Crime

This is when someone hurts you or makes fun of you because of your disability, culture, sexuality or religion.



You can be abused by strangers and people you don't know.

What can I do to get help?



If you think you have been abused, tell someone you trust straight away.

You could tell:

- A member of your family
- A good friend
- Staff
- A doctor, or nurse
- A social worker or support worker
- An advocate. An advocate is a person who helps people to speak up for themselves.



They may have to call the police or a social worker.

Contact social care;



By telephone

Southend: 01702 215008

Essex: 0345 603 7630

Thurrock: 01375 511000



In an emergency call 999 straight away



If it is not an emergency call 101

This information is issued by Southend, Essex and Thurrock Safeguarding Adult Boards.