

# How to tell if someone is being abused





This information is from Hampshire Safeguarding Adults Board.



**Safeguarding** means services working together to keep people who are vulnerable safe from abuse or neglect.



People can be abused by lots of different people and it can happen anywhere.



We must all know how to speak out if it is happening.

# Things to look for



Signs of harm like:

- bruises, slap marks or bleeding



- burns or cigarette marks



- torn clothes or blood stains.

Other things that might mean someone is being abused or neglected:

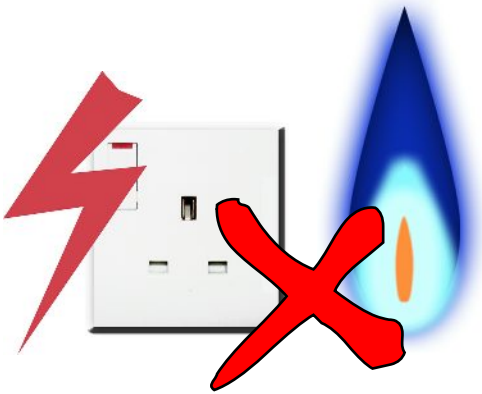
- dirty or messy clothes



- not having enough food or drink



- unpaid bills



- gas or electricity being cut off



- not having enough money



- other people seem to be in control of what they say and do.



The person might:

- seem unhappy or upset



- be worried or frightened and you don't know why



- not being able to sleep



- act differently and you don't know why.





**If you are worried –  
tell someone**

Even if you are not sure please contact:

**Hampshire Adult Services**

Telephone: **0300 555 1386**



**The police**

Telephone: **101**  
or **999** if the person is in danger.



There is more information about  
keeping safe on our website:

**[www.hampshiresab.org.uk](http://www.hampshiresab.org.uk)**



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