

# Keeping Adults Safe





This information is from Hampshire Safeguarding Adults Board.



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

## What is abuse?



Abuse is anything that harms you. It can include:

- **physical** abuse like being hit or locked in a room
- **verbal** abuse if someone shouts or swears at you



- **emotional** abuse like being teased (or anything else that upsets you or makes you feel bad about yourself)



- **sexual** abuse is if someone touches private parts of your body or makes you have sex when you do not want to



- **financial** abuse when someone takes your money or uses it in the wrong way



- **neglect** when someone does not give you the food, care or medicine you need



- **discrimination** when someone treats you badly because of who you are.



## If you are worried – tell someone

You must be able to trust the people who care for and support you.



**Abuse and neglect is always wrong**  
and sometimes it is a crime.

You should tell the police as soon as  
you can.



Please contact:

**Hampshire Adult Services**

Telephone: **0300 555 1386**



**The police**

Telephone: **101**  
or **999** if you are in danger.



# What happens next



If you tell Adult Services or the police that you or another person is being abused or neglected:

- they will listen to you and take notice of what you say



- they will be fair and look at everything that happened



- staff who are trained about abuse will work with you to stop the abuse and help you stay safe.



There is more information about keeping safe on our website:

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



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