



Supporting and Protecting Adults from Harm

**Advice on who to contact if you have concerns
about the wellbeing of an adult at risk**



Keeping you safe from harm.



Harm is when someone hurts you or treats you badly.



If this happens to you or to someone you know, you must tell someone.

Harm can happen in lots of places.



In your home.



In the hospital.



In the day centre.



In the street.

There are different ways that someone can harm you.



Physical Harm.

This is when someone:

- Hits you.
- Punches you.
- Kicks you.
- Pulls your hair.



Neglect.

This is when:

- You do not have enough food.
- You do not have clean clothes to wear.
- You do not get your medication.
- You do not get to the doctors if you are ill.



Financial Harm.

This is when:

- Someone takes your money or your things.
- Someone makes you buy things that you do not want.



Sexual Harm.

This is when:

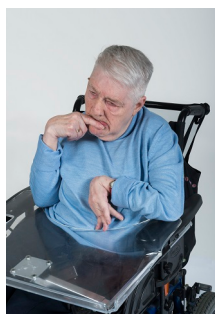
- Someone touches your body when you do not want them to.
- Someone kisses you when you do not want them to.
- Someone makes you have sex when you do not want to.



Emotional Harm.

This is when:

- Someone makes you feel sad, upset or scares you.
- They may call you names or laugh at you.



If you think this is happening you must tell someone.



You can tell your:

- Family.
- Friend.
- Carer.
- Social worker.
- Police officer.



You can telephone or e-mail:

Aberdeen City 0800 7315520

Out of Hours 0800 7315520

E-mail:

AdultProtectionUnit@aberdeencity.gov.uk



Aberdeenshire 01467 533100

Out of Hours 0345 6081206

E-mail:

adultprotectionnetwork@aberdeenshire.gov.uk

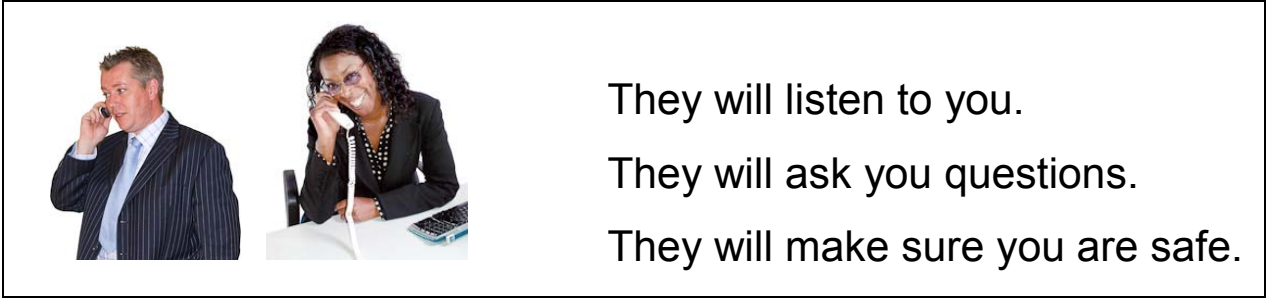
Moray 01343 563999

Out of Hours 03457 565656

E-mail: accesscareteam@moray.gov.uk

Police Scotland 101

Care Inspectorate 0345 6009527



They will listen to you.

They will ask you questions.

They will make sure you are safe.

