



## **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:

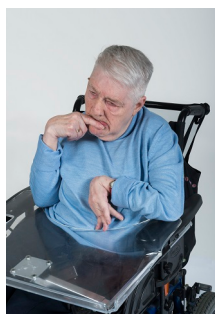
- Someone touches your body when you do not want them to.
- Someone kisses you when you do not want them to.
- Someone makes you have sex when you do not want to.



## 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](mailto:AdultProtectionUnit@aberdeencity.gov.uk)



Aberdeenshire 01467 533100

Out of Hours 0345 6081206

E-mail:

[adultprotectionnetwork@aberdeenshire.gov.uk](mailto:adultprotectionnetwork@aberdeenshire.gov.uk)

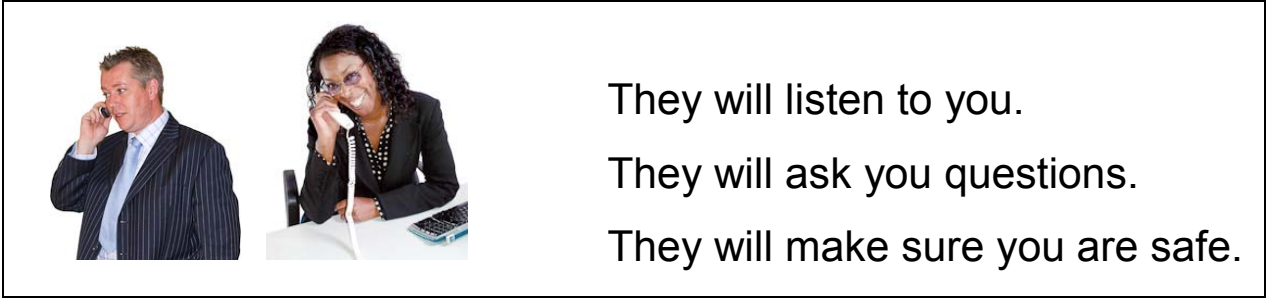
Moray 01343 563999

Out of Hours 03457 565656

E-mail: [accesscareteam@moray.gov.uk](mailto: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.

