



## 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:

#### Adult Protection

Aberdeen City      0800 7315520

Out of Hours      01224 693936

Aberdeenshire      01651 871246

Out of Hours      08458 400070

Moray (24 Hours)    01343 563999

Police Scotland      101

Care Inspectorate    01224 793870



They will listen to you.

They will ask you questions.

They will make sure you are safe.



You can get more information on:  
[www.aberdeenshire.gov.uk/adultprotection](http://www.aberdeenshire.gov.uk/adultprotection)

