Useful contacts

Telephone:
Leicester: 0116 454 1004
Leicestershire: 0116 305 0004
Rutland: 01572 758 341

Police
Telephone:
101 (non-emergency)
999 (emergency)
Web: leics.police.uk

Domestic violence helpline
Telephone: 0808 802 0028
Web: uava.org.uk
leicester.gov.uk/howmanytimes

Web:
Leicestershire and Rutland: lrsb.org.uk
Leicester: leicester.gov.uk/lsab

Accessing information

If you need help reading this publication or require it in a different format please contact:
0116 454 1760

Say no to adult abuse

• Physical abuse - hitting, slapping or punching
• Rape or other sexual exploitation
• Emotional - verbal threats and humiliation
• Financial - theft, deception, withholding things that belong to someone else
• Neglect - being left without food, heating or personal care

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As adults we all need help and support from time to time. Sometimes we may also need support to protect ourselves from abuse. It is everybody’s right to be safe and have their dignity and best interests protected.

**Adult abuse:** you may need help if you

- have learning or physical disability
- are frail because of age or illness
- suffer from mental ill health
- having caring responsibilities for another person
- are being exploited in some way.

**Who can help?**

- Police
- Social care
- Your GP
- Other health professionals
- Care workers
- Trusted friends or family member
- Nurse

**What happens if you ask for support?**

We will work with you to see how we can stop the abuse and help you recover from it. We will offer you someone independent to talk to you, such as an advocate.

**We will talk about**

- The abuse that you have suffered
- What you want to happen next
- What people around you can do to help