

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:

Irsb.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

এই প্রকাশনাটি পড়তে যদি আপনার কোন সাহায্যের প্রয়োজন হয় অথবা যদি এটি ভিন্ন কোন ফরমেটে দরকার হয়, তবে দয়া করে হাউজিং ডিপার্টমেন্টের সাথে 0116 454 1760 নম্বরে যোগাযোগ করুন।

આ પ્રકાશન વાંચવામાં ખો નમને મદદ જોઈતી હોય અથવા એને નમોરે જુદા રૂપમાં જોઈતું હોય તો, મદદરખાની કરી હાઉસિંગ ડિપાર્ટમેન્ટનો 0116 454 1760 ઉપર સંપર્ક કરો.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਪ੍ਰਕਾਸ਼ਨ ਪੜ੍ਹਣ ਲਈ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਜਾਂ ਇਹ ਤੁਹਾਨੂੰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਵਾਊਚਿੰਗ ਡਿਪਾਰਟਮੈਂਟ ਨਾਲ 0116 454 1760 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Haddii aad u baahan tahay daabacaadan ama aad rabto iyadoo iskale loo diyaariyay, fadlan la soo xiriiir Qaybta Guryaha 0116 454 1760 taleefon

اگر آپ کو اس پبلیکیشن (اشاعتی مواد) کے پڑھنے کے لئے مدد کی ضرورت ہو یا یہ کسی اور شکل میں چاہئے تو ہاؤسنگ ڈیپارٹمنٹ سے رابطہ کرنے کے لئے براؤزر کم 0116 454 1760 پر ٹیلی فون کریں۔

Jesli potrzebujesz pomocy w przeczytaniu treści tej publikacji bądź zyczysz sobie uzyskanie jej w innym formacie, prosze o kontakt Leicester City Council pod numerem tel 0116 252 7000.

Sil vous faut de l'aide pour lire cette publication, ou si vous en avez besoin sous un autre format, prière de contacter Leicester City Council au 0116 252 7000.

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

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

