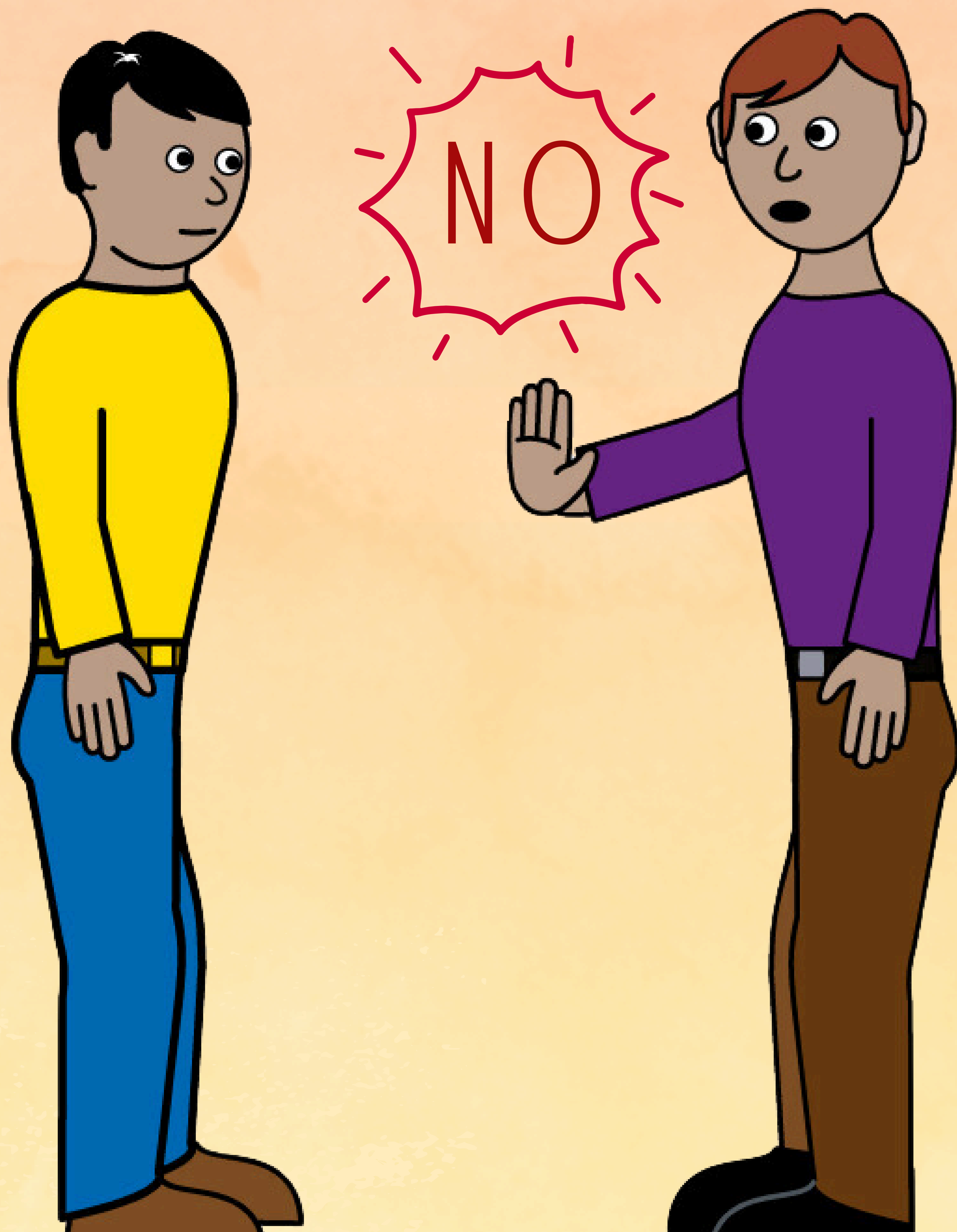
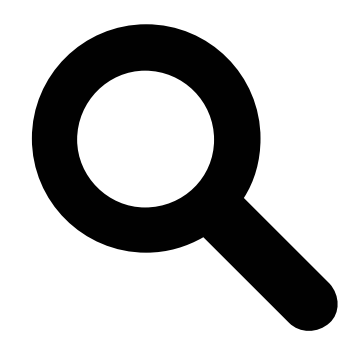


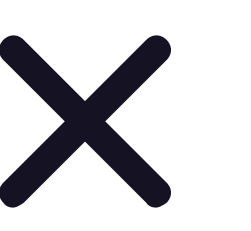
# SAY NO TO ABUSE

UNDERSTANDING ABUSE AND HOW TO HELP





What is this leaflet about?



This leaflet explains:

- what abuse is
- the different types of abuse
- what you can do if you or someone you know is being abused.



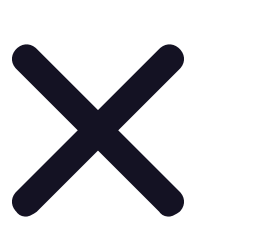
**Anyone** can be a victim of abuse.

However, **those who are unable to take care of themselves or stop someone else from hurting them, are more likely to be hurt or abused.**





What is abuse?



Abuse is when **someone causes harm or distress to someone else.**

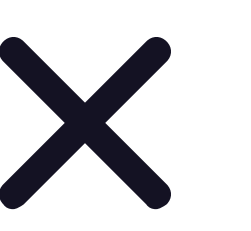
This can include being unkind or nasty or causing someone physical or mental pain.

**Abuse can happen anywhere** including a persons' home, outside in the street or at work.





## Domestic Abuse



This is when you are **hurt or threatened by someone you know.**



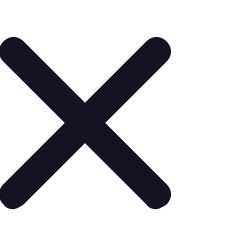
This can include:

- hitting
- threatening
- calling someone names





## Physical Abuse



This is when someone **does something which hurts or injures you.**

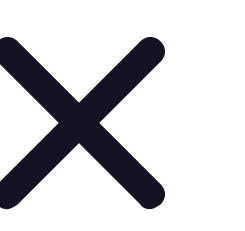


This can include:

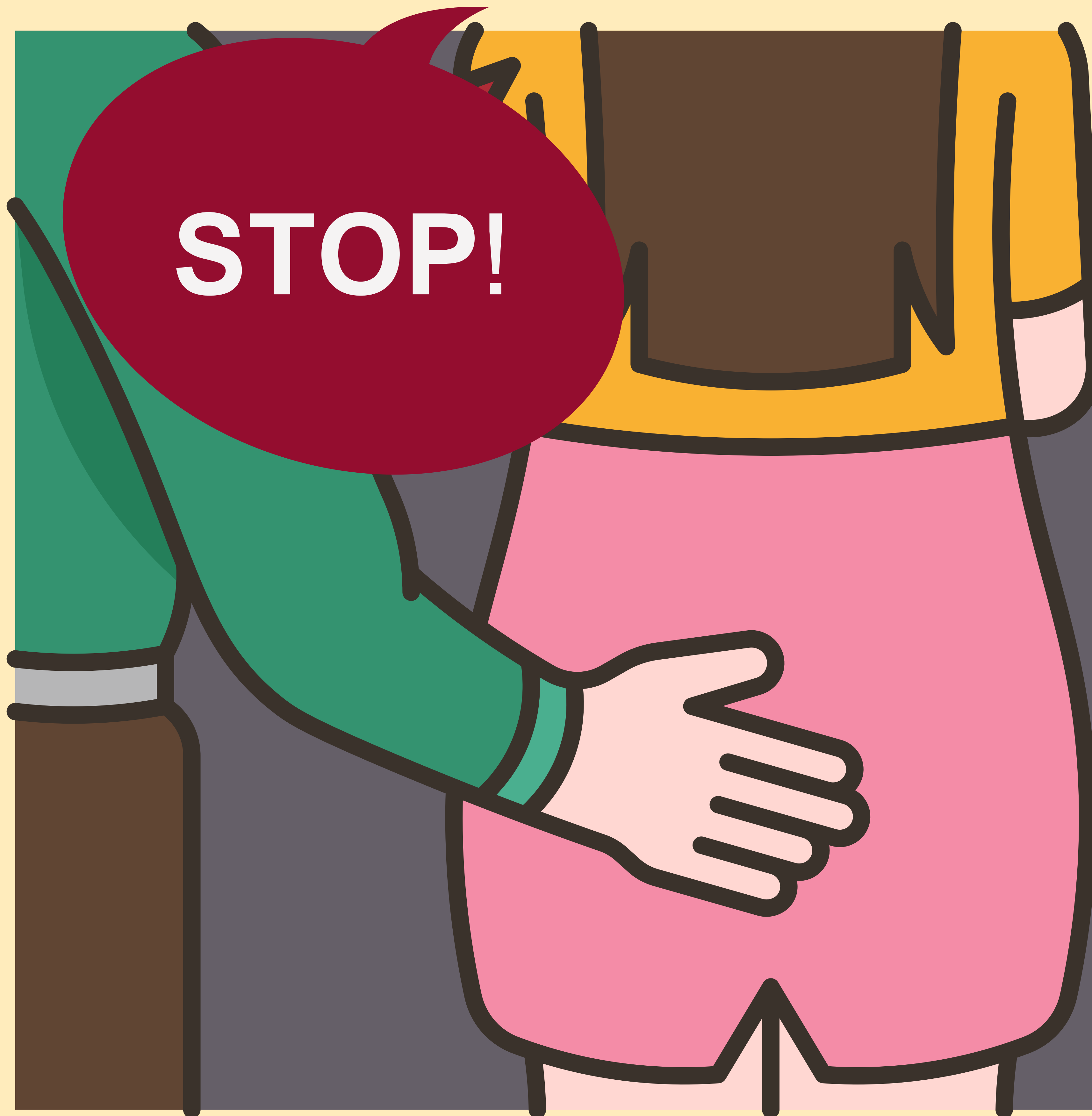
- hitting
- kicking
- pulling hair
- pinching or shaking



## Sexual Abuse



This is when someone does **sexual things** that you do not want them to do.



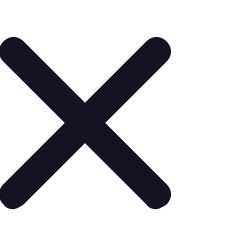
This can include:

- unwanted kissing or touching
- rape
- staring in a way that makes someone uncomfortable
- saying or shouting out sexual comments





## Emotional Abuse



This is when someone **says something nasty or unkind or makes you feel frightened.**

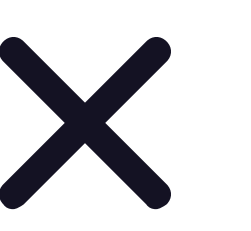


This can include:

- saying nasty or horrible things to you
- shouting at you
- scaring you



## Financial Abuse



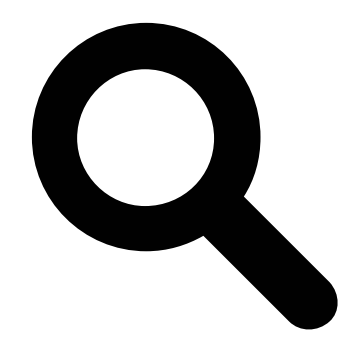
This is when **someone takes your money or leaves you without enough money to pay for the things that you need.**



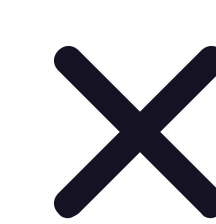
This can include:

- stealing your money
- being forced to pay for other people's things
- not having a say in how your money is spent

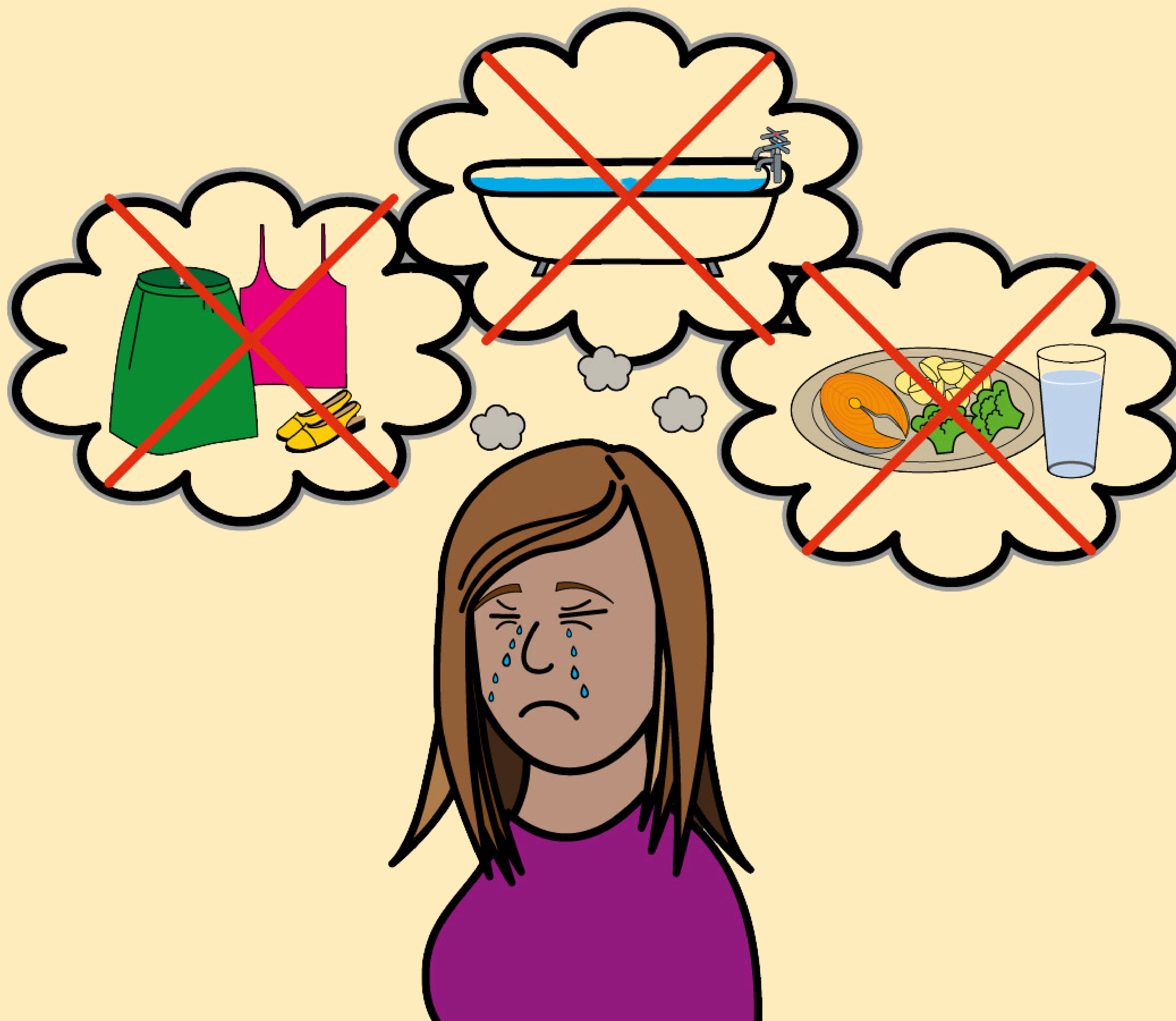




# Neglect



This is when your **care or support is not keeping you healthy, safe and well.**

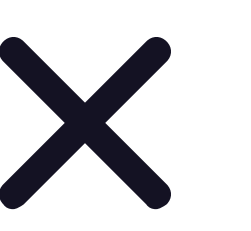


This can include:

- being hungry most of the time
- being put in dangerous situations
- wearing dirty clothes often



# Self-Neglect



This is when **you are unable to keep yourself healthy, safe and well.**



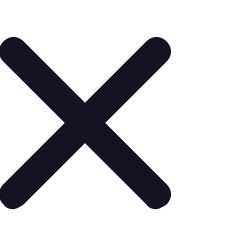
This can include:

- not eating properly
- taking drugs or drinking too much alcohol
- not taking medication
- living in a dangerous or unclean home

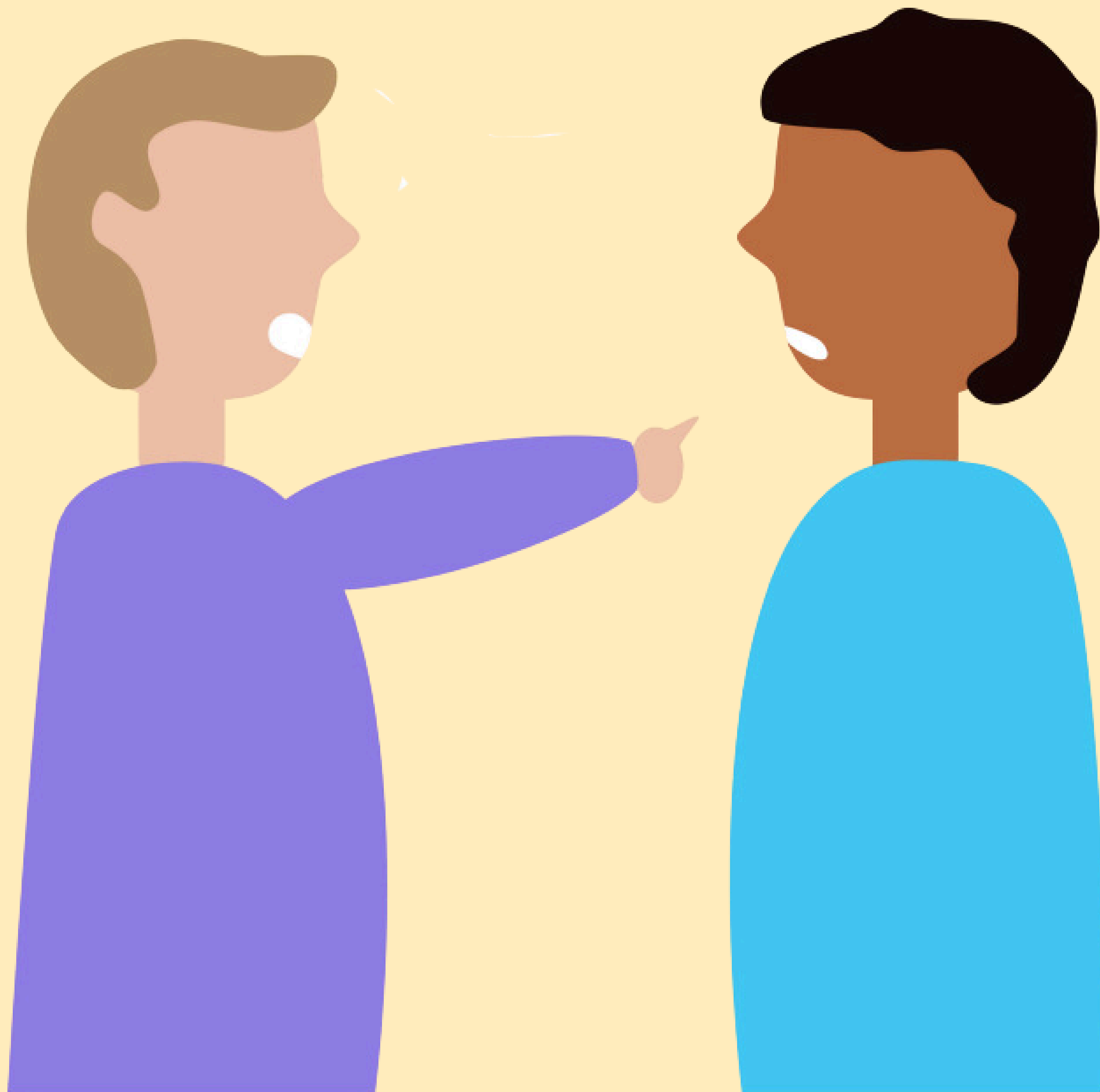




## Discriminatory Abuse



This is when **people treat you unfairly because of race, gender, sexuality, age, disability or religion.**

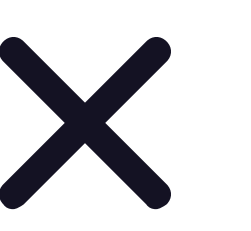


This can include:

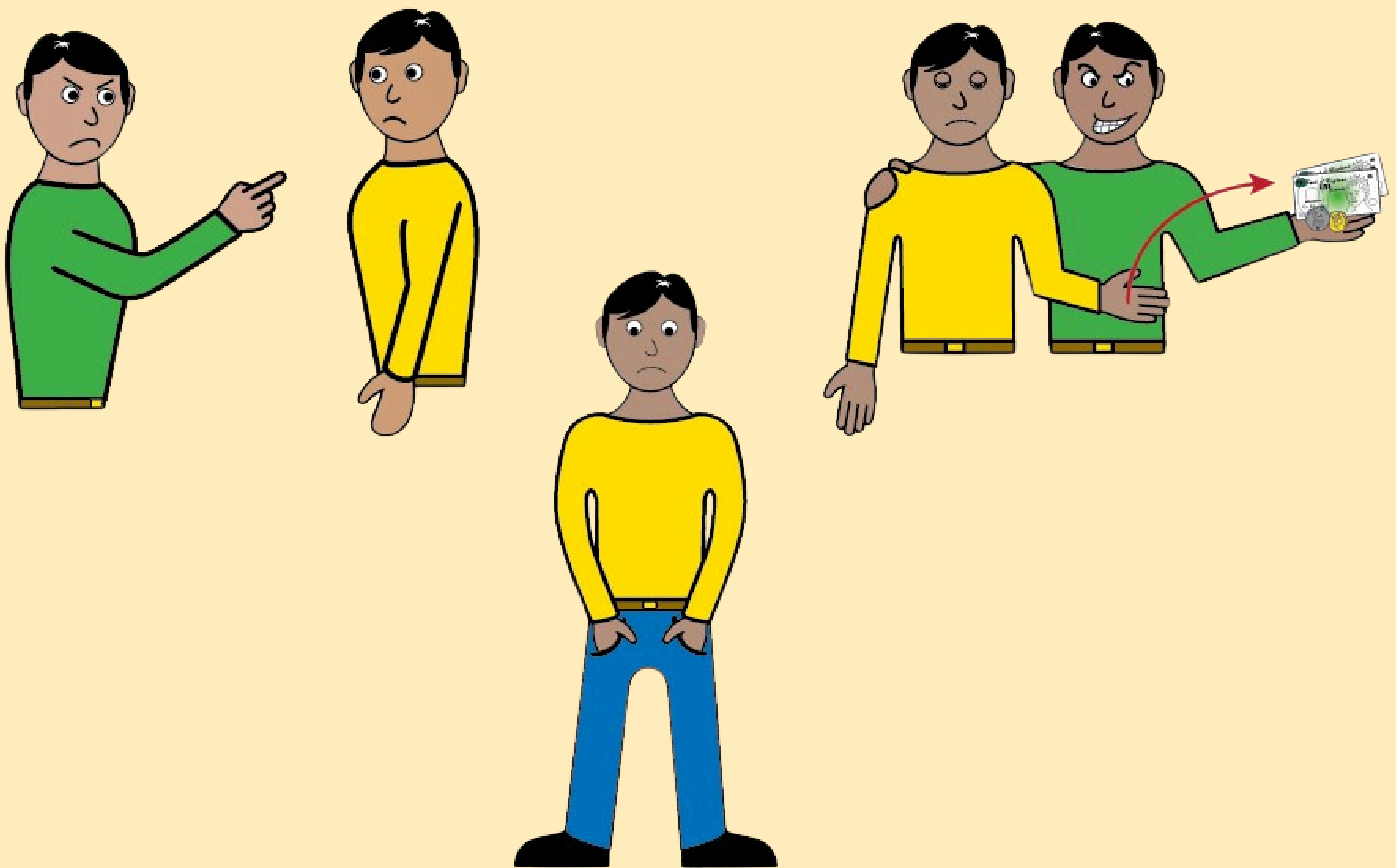
- not including you in an activity
- not being given a job
- not giving a person access to care or help
- calling people names and saying nasty things



# Modern Slavery



This is when **someone is being used by others, for personal gain or for money.**



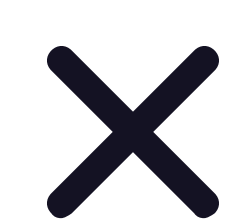
This can include:

- forcing people to work for little or no money
- forcing someone to get married
- making someone sell or deliver drugs (this can also be called county lines)





Cuckooing



This is when **someone asks you to look after something you wouldn't want in your home like a knife, gun or drugs.**



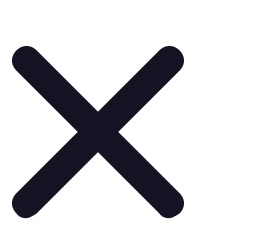
They can include:

- people taking over your home
- inviting other people you don't know to your home
- eating your food or using your things without asking
- asking you to look after something you wouldn't want in your home





Who might be causing abuse?



**Anyone** can be responsible for abuse.

It might be a **stranger** or it might be **someone you know and trust:**

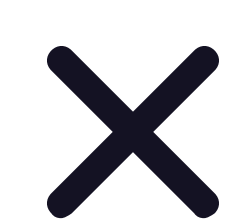
- a carer
- a family member
- a partner
- a friend
- a neighbour







# How to help?

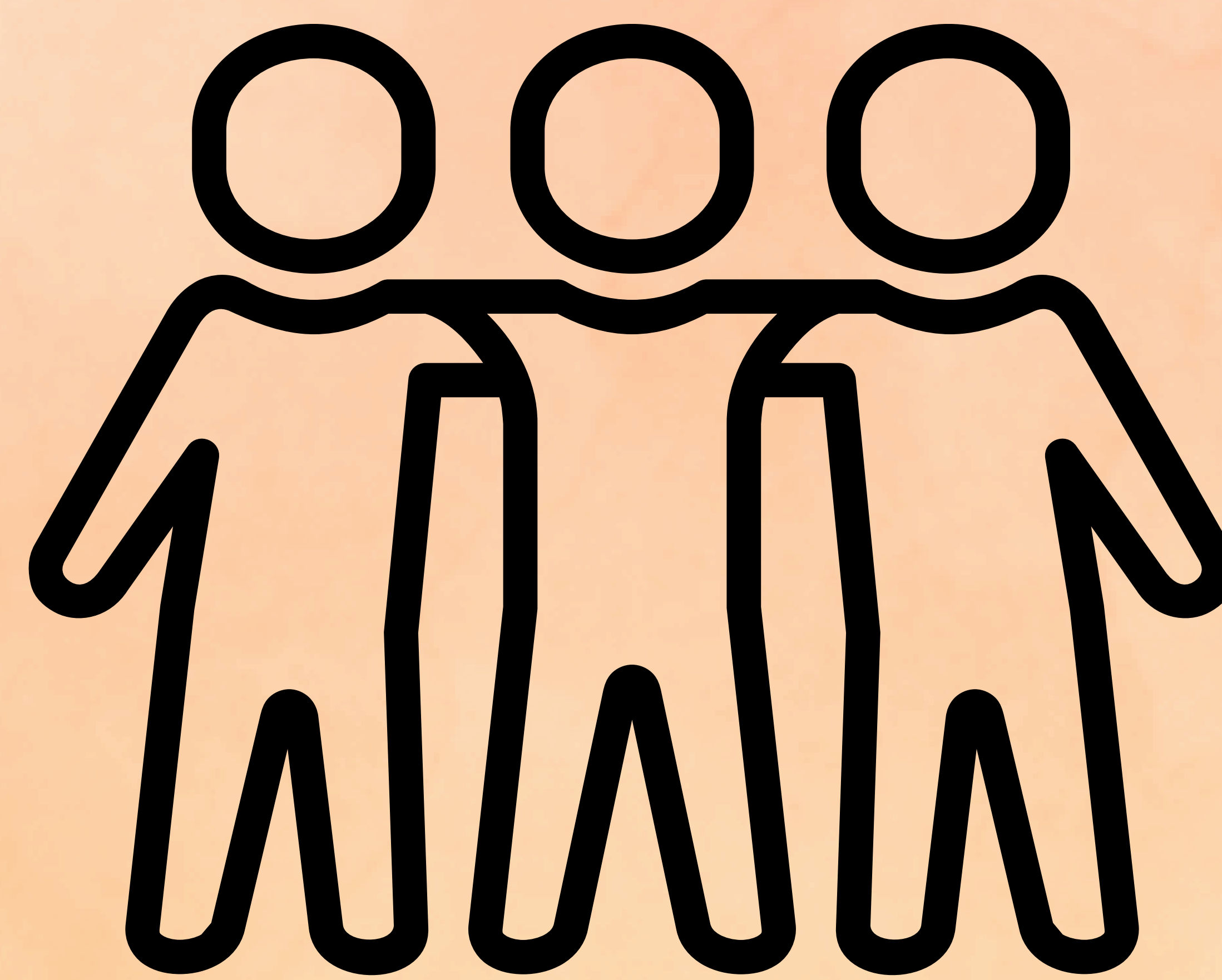


If you or someone you know is being abused, **tell someone you trust as soon as you can.**

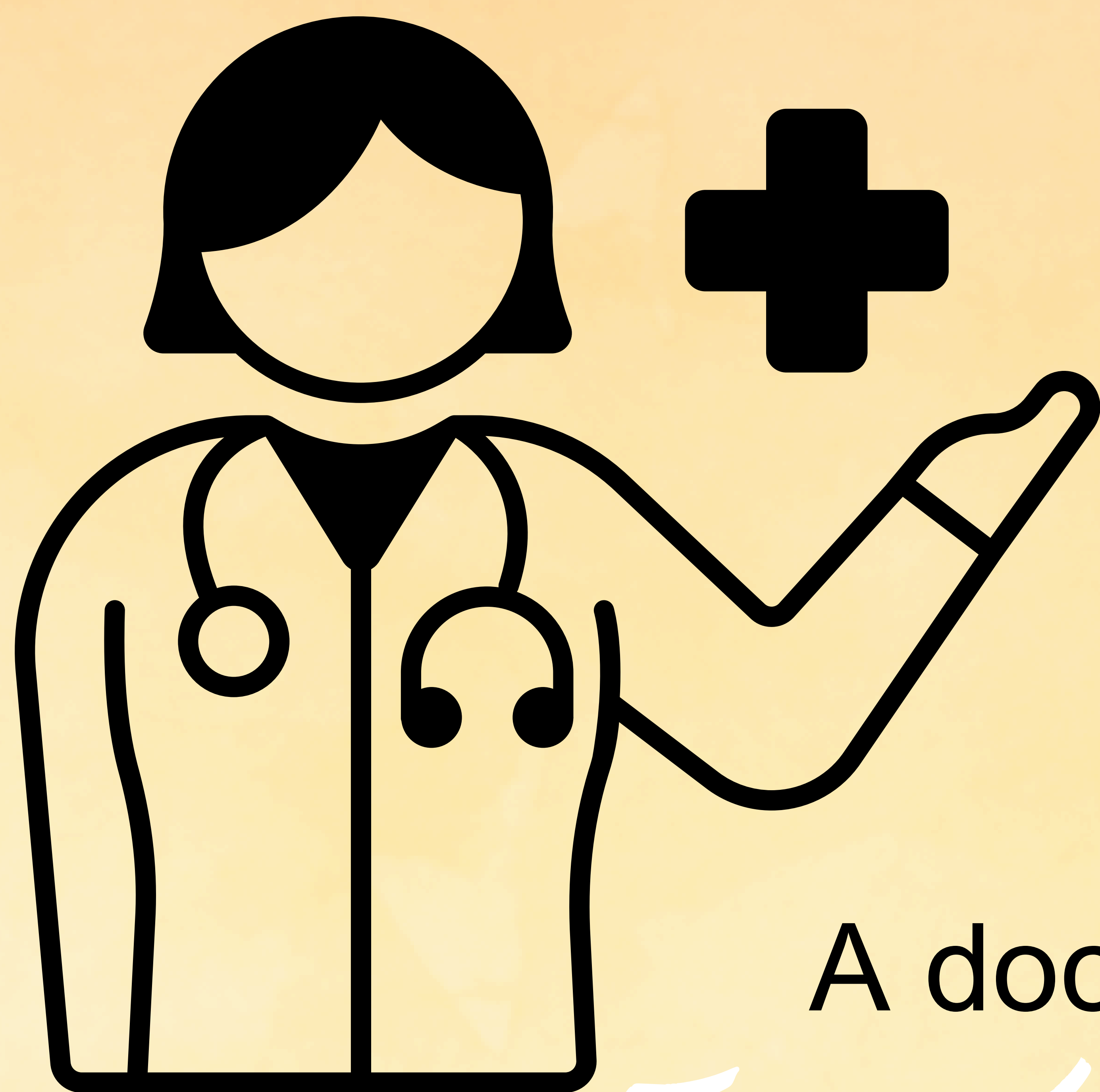
You could tell:



The Police

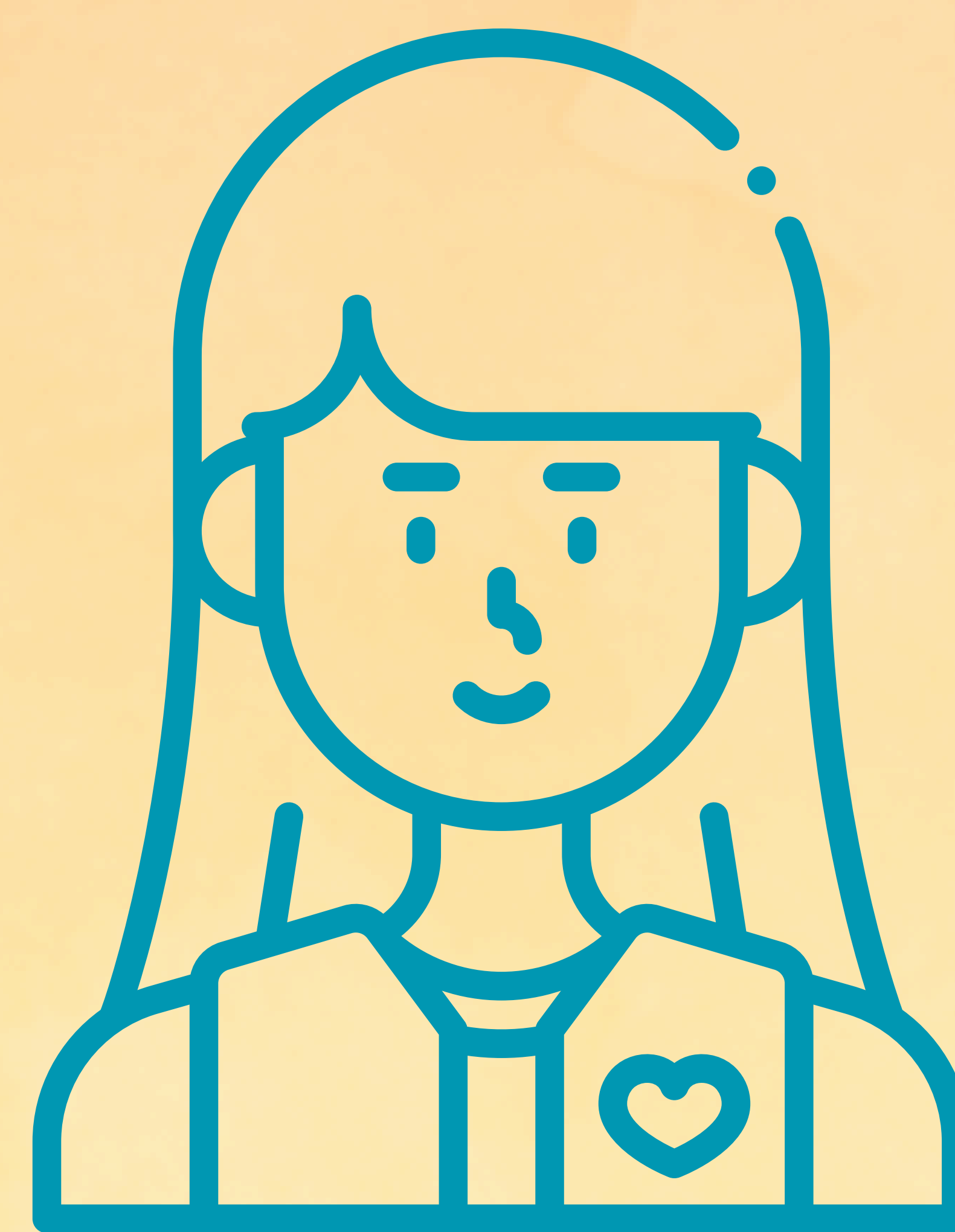


A friend or family member

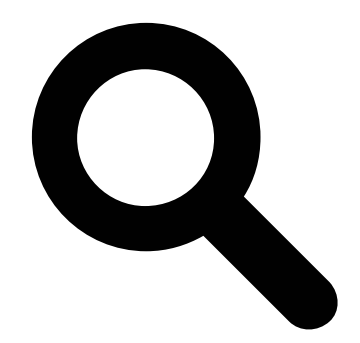


A doctor

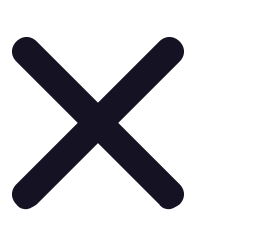
A social worker







What happens next?



If you choose to tell someone like a doctor or a friend, **they may need to speak to the police or a social worker.** Once this happens, **they may ask you questions to understand what has happened to you and make sure you're safe.**







## Useful Contact Information



### **Police**

Barking and Dagenham  
Police

Phone: 0300 123 1212

Emergency: 999



### **Barking and Dagenham Council**

The Safeguarding Adults Team

Phone: 020 8724 8860 or 8863

Contact Hours: 9am-5pm/  
Monday-Friday



### **Barking and Dagenham Council out of hours service**

The Emergency Duty Team

Phone: 020 8594 8356

Contact Hours: 5pm-9am/  
Weekdays & 24-hour service on  
weekends and bank holidays



🔍 Free and confidential national helplines ✕



**Refuge**

**Domestic Violence Advocacy**

Phone: 0300 456 0174

Website: <https://refuge.org.uk/>



**Stop Hate Crime UK**

**(24-Hours)**

Phone: 0113 293 5100

Email: [info@stophateuk.org](mailto:info@stophateuk.org)

Website: <https://www.stophateuk.org/>







## **Stay Safe East**

**(For people with learning difficulties)**

Phone: 07865 340 122

Email: [enquiries@staysafe-east.org.uk](mailto:enquiries@staysafe-east.org.uk)

Website: <https://www.staysafe-east.org.uk/>



## **National Stalking Helpline**

Phone: 0808 802 0300

Email: [info@suzylampugh.org](mailto:info@suzylampugh.org)

Website: <https://www.suzylampugh.org/>



## **ManKind Initiative (male victims of abuse)**

Phone: 01823 334244 (Monday-Thursday)

Email: [admin@mankind.org.uk](mailto:admin@mankind.org.uk)

Website: <https://mankind.org.uk/>

