

# SPEAK UP!

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If you want to report harm which is happening to you or if you think harm is happening to another adult please contact:  
**Argyll and Bute Social Work Department**  
on **01546 605517**

Outwith office hours you can phone  
**01631 566491 or 569712**



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Adults sometimes need protecting too



Get help now by calling  
**01546 605517**

Don't let harm happen to you  
tell someone

Act  
against  
harm

Argyll and Bute Adult Protection Committee





## What is harm?

Harm is when someone hurts you or treats you badly.



Harm is always wrong. If someone is hurting you, it is okay to tell someone and get help.



Someone might harm you and say "Don't tell anyone." They are wrong. It is okay to tell someone and get help to stop it happening.



### Who can I tell?

If you are worried about harm, you can phone this number:

**01546 605517**

**Out of office hours  
you can phone**

**01631 566491 or 569712**

## What will happen if I phone social work?



The person on the phone will:

- Listen to what you say and ask you some questions about what has happened



- Make sure that you are safe



- Get you medical help if you need it



- Tell the police if there has been a crime



- Involve other people like social workers and doctors to find out what has happened and keep you safe.



## Physical harm



Physical harm means someone doing things that hurt your body or stop you moving about.



You should not be hit, kicked, punched, bitten, or have someone shake you.



You should not be locked in a room.

3

## Emotional harm



Emotional harm is when a person makes you feel upset or sad.



You should not be bullied, or be made to feel scared.



No-one should ignore you or tell you what to do all the time.



No-one should put you down or treat you like a child.

4

## Sexual harm



No-one should touch you in a way that does not feel right.

No-one should make you have sex if you do not want to.



No-one should take sexual photos of you at private times.



No-one should make you look at sexual photos or DVDs.



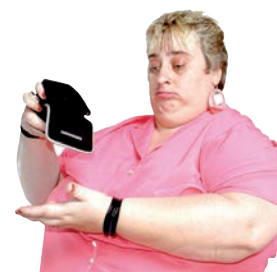
5

No-one should make you do sexual things for money or presents.

## Financial harm



Financial harm means stopping you from having your money or the things you own.



No-one should stop you from having or using your own money.



No-one should try to steal your money or benefits.



You should not have to change your Will if you do not want to.

Your Will is a letter that lets people know what to do with your money and your things when you die.

6



## Neglect



Neglect means stopping you getting the things you need.

This could be not giving you food or medicine or stopping you from seeing your doctor.



Or not helping you to keep clean.

Or not keeping you warm.



Neglect can also mean leaving you alone for a long time.

Any person who helps you to do things, or helps you to live independently, should look after you properly.

If they do not - that is neglect.

## Self-harm



Sometimes when people are very upset or worried, they hurt themselves because it makes them feel better. This is called Self-harm.



They might cut themselves,

Or bite their body,

Or pull out their hair, or hurt themselves in other ways.



Self-neglect is when you do not look after yourself properly, because you are ill or very unhappy.



## What if I need help to talk to someone?

It is not always easy to get people to listen to you.



If you find it difficult to make a phone call, tell someone that you trust and ask them to help you.



### What is advocacy?

Advocacy helps people to speak up about things that are important to them.



### What is an advocate?

An advocate is someone who can speak up for you or who can help you to speak up for yourself.



You can ask for help from an advocacy service.

Contact Lomond and Argyll Advocacy Service on 01546 606056



## STOP HARM



## SPEAK UP



## STAY SAFE - TELL SOMEONE

For more information  
about adult protection  
visit:

[www.argyll-bute.gov.uk/social-care-and-health/adult-protection](http://www.argyll-bute.gov.uk/social-care-and-health/adult-protection)

We would like to thank West Fife Community Support Services  
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