

BERN<sup>o</sup>ICIA

# Stop abuse

Everyone has a right to live a life free from violence, fear, abuse and neglect



Investing  
in homes,  
neighbourhoods  
and communities

# Stop abuse

## Why are we telling you this?

Everyone has the right to live a life free from abuse. This leaflet gives you information to help you and others to keep safe from harm.

## What is abuse?

There are a number of different types of abuse and neglect, it may be:

- **Physical:** hitting, kicking, misuse of medications
- **Domestic violence or abuse:** Coercive or controlling behaviour is a core part of domestic violence, characteristics of abuse include those outlined relating to psychological, physical, sexual, financial
- **Sexual:** assault, exposure, non-consensual sexual activity
- **Psychological or emotional:** being made to feel unhappy or devalued
- **Financial or material:** stealing or denying access to money or possessions
- **Modern slavery:** Human Trafficking, forced labour
- **Discriminatory:** abuse motivated by discriminatory attitudes
- **Neglect or acts of omission:** deliberate withholding or unintentional failures to provide appropriate care and adequate care and support
- **Self-neglect:** Lack of self-care to an extent that it threatens personal health and safety

## Who is at risk of abuse?

Anybody may experience abuse, however some people are more at risk than others this may be because they are a child (anyone under 18 years) or an adult whose ability to protect themselves from abuse or neglect is limited maybe due to their age, disability or health problem.



## Who abuses?

Anyone can abuse. An abuser can be known to the person such as a partner or family member. Abusers can also be in positions of trust or power such as health or social care professionals or paid or voluntary care workers.

## Where does abuse happen?

Abuse can happen anywhere, for example: at home, in care homes, at work, at college, in hospitals health centres / surgeries or public places in the community.

## What can YOU do to get help and support for yourself or others experiencing abuse?

You may be experiencing abuse yourself or have concerns about someone, whether or not you know them well. They may tell you something that has happened to them or you may see or hear something happening to someone that makes you feel uneasy or uncomfortable.

## You can help stop the abuse.

Helping a person experiencing abuse is easy, all you need to do is share your concerns with us or your local authority's safeguarding team. Your call may just be the one bit of help that's needed to get the help and support to stop the abuse.

## Who to call?

- You can tell a member of staff at Bernicia in person or by contacting us in any of the ways described at the back of this leaflet.
- Contact Adult Social Care based at your local Council.
- If someone is in immediate danger, you should contact emergency services by dialling 999.

## How to contact us



**Online:** [www.bernicia.com](http://www.bernicia.com)



**Email:** [contact@bernicia.com](mailto:contact@bernicia.com)



**Phone:** 0344 800 3800



**Letter:** Bernicia Group  
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