



We would like to help.

If you would like to talk to someone:

Call

0808 800 4005

Visit our web site for further information and advice

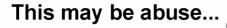
www.suffolkas.org





If someone is...

- Hitting you
- Shouting at you
- Taking your money
- Hurting you sexually
- Treating you unfairly because you are different
- Neglecting to meet your needs



Please don't suffer in silence...

The first step to stopping abuse is to speak up. It may not be easy but please try and tell someone.

We are here to help and will take steps to make you safe. We will listen sensitively and we take every report seriously.

Any information you give will be treated confidentially and we will include you in all of the decisions that are made.

