



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





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.

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

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.

This may be abuse...

