

	<p>Abuse is when someone does or says something to hurt you or to make you feel upset, scared or frightened. You may be too scared to tell them to stop or even to ask for help from someone else.</p> <ul style="list-style-type: none"> <li>• Abuse is always wrong.</li> <li>• Abuse is not your fault.</li> </ul>
	<p>Physical abuse.</p>
	<p>Sexual abuse.</p>
	<p>Emotional/Psychological abuse.</p>
	<p>Financial abuse.</p>
	<p>Neglect.</p>
	<p>Discrimination.</p>
	<p>Organisational/Institutional abuse.</p>
	<p>Modern slavery.</p>
	<p>Domestic violence.</p>
	<p>Self neglect.</p>

	<p><b>Who can abuse?</b> <b>ANYONE!</b></p>
	<p><b>Where abuse can happen?</b> <b>Anywhere!</b></p>
	<p><b>What I can do if I am abused?</b> <b>Tell someone.</b></p>

## Who can I talk to?

	<p><b>Your carer.</b></p>
	<p><b>Your family.</b></p>
	<p><b>The Care Quality Commission.</b>  Telephone: 03000 616161 Email: <a href="mailto:enquiries@ccq.org.uk">enquiries@ccq.org.uk</a></p>
	<p><b>Your LOCAL AUTHORITY.</b>  Somerset: 0300 123 2224 Cornwall: 0300 1234 131 Devon: 0345 155 1007 Torbay: 0300 456 8000 Plymouth: 01752 668000</p>
	<p><b>The Police.</b>  Call 111/999</p>
	<p><b>A friend.</b></p>
	<p><b>Contact Shared Lives South West:</b> <b>01626 360170</b></p>