

stop abuse

in
Leicester, Leicestershire
and Rutland

- physical abuse
- sexual abuse
- verbal abuse
- emotional abuse
- financial abuse
- neglect



stop
abuse

For more information
please visit:

Leicester City Council

www.leicester.gov.uk

County Council

www.leics.gov.uk

Rutland

www.rutland.gov.uk

Police

www.leics.police.uk

NHS

www.nhs.uk

Residential / Nursing

Home Inspectors

www.csci.org.uk

Elder Abuse

www.elderabuse.org.uk

Easy read accessible

www.ldicn.org.uk

Supported by: Leicester City Council, Leicestershire
Constabulary, Leicestershire County and Rutland
PCT, Leicestershire County Council, Leicestershire
Partnership Trust, NHS Leicester City,
Rutland County Council and University
Hospitals of Leicester NHS Trust.

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This leaflet talks about
abuse and how to stop
it. If you would like this
information in a different
format please use the
websites or phone
numbers on this leaflet.

Niniejsza ulotka poświęcona
jest tematowi przemocy
w rodzinie i sposobom jej
powstrzymania. Jeśli chciałbyś
otrzymać tę ulotkę w języku
polskim prosimy skorzystać z
naszej strony internetowej lub
dzwonić pod numery telefonu
podane na ulotce.

এই লিফলেটটি এ অভ্যচার/অপব্যবহার এবং কিভাবে তা বন্ধ করা যাবে, সে সম্পর্কে তথ্য দেওয়া আছে।
আপনি যদি বাংলা ভাষায় এসব তথ্যাদি চান, তাহলে অনুগ্রহ করে আমাদের ওয়েবসাইট ব্যবহার করুন বা
এই লিফলেটে দেওয়া ফোন নাম্বারে যোগাযোগ করুন।

આ પરિશદની અંદર કનડા અને તેને કુલી રીતે અટકાવવી એ વિષ માહિતી છે. જે આ
માહિતી તમને ગુજરાતીમાં જાઈની હોય તો, મહેરબાની કરી વેબસાઇટનો અથવા આ
પરિશદની અંદરના ટેલિફોન નંબરનો ઉપયોગ કરો.

ਇਸ ਲੀਫਲਿਟ ਵਿੱਚ ਦੁਰ-ਵਿਹਾਰ ਅਤੇ ਇਸ ਨੂੰ ਖਿਣੇ ਰੋਕਣਾ ਹੈ, ਇਸ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਗਈ ਹੈ।
ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਪੰਜਾਬੀ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਸਾਡੇ ਵੈਬਸਾਈਟ ਦੀ ਵਰਤੋਂ ਕਰੋ ਜਾਂ ਇਸ
ਲੀਫਲਿਟ ਵਿੱਚ ਦਿੱਤੇ ਫੋਨ ਨੰਬਰਾਂ 'ਤੇ ਫੋਨ ਕਰੋ।

Buug-yarahan waxa uu ku saabsan yahay waxyeleynta ku takrifalka leh iyo sida loo
joojiyo. Haddii aad jeclaan laheyd wargelintan oo af Soomaali ku qoran, fadlan website-
kayaga isticmaal ama soo wac lambarada buug-yarahan ku qoran.

اس لیفلٹ میں بدسلوکی اور اس کو ختم کرنے کے بارے میں باتیں بیان کی گئی ہیں اگر آپ یہ معلومات آروم میں
حاصل کرنا چاہتے ہیں تو براہ کرم ہائی ویب سائٹ یا اس لیفلٹ میں آکھ سوئے نمون نمبر استعمال کریں۔

Are you or is someone you know being abused?

Abuse is when someone does or says something to you which makes you upset or scared. Abuse is when someone tries to take away your rights. You may be afraid to say something to tell them to **STOP**.

Everybody has the right to live their life free from violence, fear and abuse. Everybody has the right to live in safety. **You have these rights**, whoever you are. It doesn't matter if you are old or disabled or ill.



What can you do about it?

You can tell somebody you **trust!** Somebody like

**social
worker**

nurse

**police
officer**

**care
worker**

**family &
friends**

doctor

**care
inspector**

What happens next?

The person you tell will listen to you carefully and they will tell someone else who knows what to do and they will:

Listen
to you
carefully

Help
you stay
safe

Find out
more

Give you
help and
support

Make sure nobody
treats you badly
because you said you
were being abused

Or tell a trusted friend or family member who may be able to help.

C O N T A C T S

Please contact your local social services office or the police to report abuse.

Leicester social care services:
0116 253 1191
minicom: **0116 252 7011**

Leicestershire social care services:
0116 305 7404
minicom: **0116 305 6870**

Rutland social care services:
01572 758 341

Police:
0116 222 2222

Text message service:
07624 818 901