



**You
Can
Stop
Harm**

Do you know an adult who needs help to protect themselves from harm?

If you SEE SOMETHING.....

SAY SOMETHING

Harm can happen anywhere!

Worried or concerned?

If you're worried or concerned about an **adult who needs help to protect themselves from harm** you should talk to them. Listen to them and, if possible, write down exactly what they tell you. Then contact the police or social services to report it.

Police Service Northern Ireland

- In an emergency call: **999**
- To report your concerns, call: **101**

Social Services

Monday to Friday - 9.00am to 5.00pm call:

- Belfast Trust - 028 9504 1744
- South Eastern Trust – 028 9250 1227
- Northern Trust – 028 2563 5512
- Southern Trust – 028 3756 4423
- Western Trust – 028 7161 1366

Evenings and weekends call: 028 9504 9999

SEE

Something

SAY

Something

Northern Ireland Adult
Safeguarding Partnership
www.hscboard.hscni.net/niasp

**Everyone has the right to
live life safe from harm.**

Harm is unacceptable and you can help stop it.

If you see someone with possible signs of harm, exploitation or neglect such as:

- Unexplained physical injuries such as bruises or burn marks.
- Unusually untidy, hungry or thirsty.
- More withdrawn or avoids being touched.
- Seems to be struggling financially or more than usual.
- Stops doing things they used to enjoy.
- Someone else is telling them what to do.
- Nobody comes when they call out for help.

S a y s o m e t h i n g .