Your local contact information:



Day time telephone no: **0845 603 1576**Out of hours telephone no: 0845 603 1576



Day time telephone no: **0131 200 2324**Out of hours telephone no: 0800 731 6969



Day time telephone no: **0131 271 3900**Out of hours telephone no: 0800 731 6969



Day time telephone no: **01750 20738**Out of hours telephone no: 01896 752 111



Day time telephone no: **01506 775 000**Out of hours telephone no: 01506 777 401/2



Day time telephone no: Contact your local GP Out of hours telephone no: NHS24: **08454 24 24 24**



Day time telephone no: Contact your local GP Out of hours telephone no: NHS24: **08454 24 24 24**

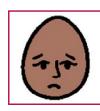


Day time telephone no: **0131 311 3131** (24-hour number)

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Harm

- What to do when someone hurts you



Harm is when someone does bad things to you which hurt you or make you frightened or unhappy.



Protecting Adults at Risk: Ensuring Rights and Preventing Harm

Sometimes people might hurt you by:



Hitting you



Scaring you



Shouting, swearing or calling you names
Making threats



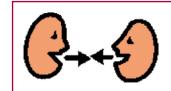
Making you have sex or touching you in the wrong way



Not looking after you properly



Stealing from you



If anyone hurts you, tell someone!

If the person you tell does not believe you, then you can tell:



A social worker or support worker



The police



Your doctor or nurse

Contact your local social work services, health professionals or the police. They will take your concerns seriously and work with you or others to make sure everyone is safe.