What to do if you think someone is at risk of abuse

One or more sections on this page provide access to easy-read information - look out for this logo.

Some people don't want to tell others that they are being abused. This may be because they don't want the person to get into trouble. They may prefer to ignore the problem in the hope that it will go away. Other people are ashamed or afraid of what will happen to them if they tell.

If you think you are being abused, rest assured that it is not your fault and that there are ways in which you can get help. Don't ignore the problem, it will probably not go away on its own.

- If you are aware someone is being abused
- Getting help from your local council
- Consent and the right to confidentiality
- What else should you expect?
- Getting help in an emergency
- Victim Support
- Safeguarding of children and young people
- Other information and advice