

What to do if you are worried about abuse?

Talk to someone

It is important you tell someone you trust as soon as you can.

It is important you get the right help and support to stay safe.

You can talk to a friend, neighbour, advocate, support worker, doctor or social worker. All of these people can help you to think about what to do next.

Don't ignore what is happening.

Talk to someone.

Things can get better if you report it.

Report it

Adult Social Care (Warrington Borough Council)

They will listen to you and help you get the right support.

Safeguarding services will help you to keep safe.

01925 44 33 22 (weekdays between 8.30am and 5pm)

01925 44 44 00 (after 5pm, bank holidays and weekends).

Police

They will listen to you and help you.

999 (in an emergency)

