

## What will happen if I tell someone?

A member of Social Work staff will:



*take time to listen to you and take what you say seriously;*



*take steps to make sure you are safe;*



*get medical help if needed;*



*contact the police if a crime is suspected;*



*involve other professionals to ensure you get the help and support you need to stay safe;*



*contact an advocacy worker who can help you speak up and protect your rights.*

## Who should I contact?

For further help and information, please contact Adult Social Work and Social Care (24 hours a day):

**Tel 0345 301 1120**

You can also speak to a health professional or contact any Police Officer.

***They will take your concerns seriously.***

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

[www.pkc.gov.uk](http://www.pkc.gov.uk)

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## What is Adult Support and Protection?



Perth and Kinross  
Health and Social  
Care Partnership

Supporting  
healthy and  
independent  
lives



**POLICE  
SCOTLAND**  
Keeping people safe

# What is the Adult Support and Protection Act?

The Act is a law to protect people from being harmed and provide support they might need to stay safe.

## Who is it for?

You might be an “adult at risk” if you are over 16 and:

- *you are being hurt or treated badly by someone else or you are hurting yourself;*
- *you might need support to stay safe because you have a disability of any kind, suffer from a mental illness or are physically unwell.*

**Harm is always wrong.**

## What is harm?



**Sexual Harm**  
*Any type of sexual contact that you do not want.*



**Psychological Harm**  
*When someone bullies or frightens you.*



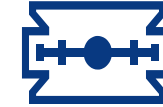
**Neglect**  
*If the people in your life are not helping you to keep safe and well.*



**Physical Harm**  
*Being hurt, for example being kicked or punched.*



**Financial Harm**  
*When someone takes your money or stops you having access to your money.*



**Self-Harm**  
*Sometimes when people are upset they can hurt themselves by hitting or cutting themselves.*

**Anyone** can cause harm, including family, friends or staff.

**Speak out** if you think someone is being harmed or someone is harming you.



## Your Rights

The Act aims to find a balance between taking steps to protect you from harm but also respecting your rights as an adult.

Your own choices and feelings will be listened to.