

Getting help to tell us



If you want help to tell us, telephone Mind in Salford (the advocacy service) on **0161 212 4880**.

Your notes

This document can be provided in large print, audio, electronic and Braille formats. Please telephone 0161 631 4777.

If you need this document translated, please contact us on the number below.

Czech
Pokud potřebujete přeložit tenhle dokument do vašeho jazyka, kontaktujte nás na uvedeném čísle.

French
Si vous avez besoin d'une traduction de ce document, veuillez nous contacter sur le numéro mentionné ci-dessous.

Polish
Jeśli potrzebują Państwo kopię tego dokumentu przetłumaczoną na Państwa język, prosimy o kontakt na numer podany poniżej.

Somali
Haddii aad u baahan tahay dukumiintigan oo luuqaddaada ku turjuman, fadlan naga la soo xiriir nambarka hoos ku qoran.

Russian
Если Вам нужен перевод данного документа на русский язык, пожалуйста, свяжитесь с нами по ниже указанному номеру.

Chinese
如果您需要此文件翻译成中文，请用以下电话号码与我们联系。
如果您需要此文件翻译成中文，请用以下电话号码与我们联络。

Hindi
यदि आपको इस दस्तावेज का अनुवाद आपकी भाषा में चाहिये, तो कृपया नीचे दिये नंबर पर हम से संपर्क करें।

Punjabi
ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਤਰਜਮਾ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠ ਦਿੱਤੇ ਨੰਬਰ ਤੇ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

Tigrinya
ከዚ ሰነድ ናብ ቋንቋኹም ክተርጎም ኣንተደኣ ደሊኹም፣ በዚ ኣብ ታሕቲ ተጠቒሱ ዘሎ ቁጽሪ ተሌፎን ደዊልኩም ተወከሱ።

Arabic
إذا احتجت لان تترجم هذه الوثيقة الى لغتك, فالرجاء الاتصال بنا على الرقم المبين اسفله.

Farsi
اگر شما ترجمه این مطلب را به زبان خود نیاز دارید، لطفاً از طریق شماره تلفن زیر با ما تماس بگیرید.

Kurdish Sorani
ئەگەر دەخوازیت ئەم دۆکیۆمینتە (بەلگە نامەییە) وەرگیردریت بۆ زمانی خۆت، ئەوا تکایە پەڕیوەندیمان پێوە بکە لە ڕێگەی ئەم ژمارەییە خوارەوە.


Pashto
کچیری ددی سند ترجمه پخپله ژبه غواړي، لطفاً په لاندی شمیره مونږ سره اړیکه ونیسی.

Urdu
اگر آپ اس دستاویز کا اپنی زبان میں ترجمہ چاہتے ہیں، تو برائے مہربانی نیچے دئیے گئے نمبر پر رابطہ کیجئے۔

0161 631 4777



You have a right to be **safe** from **abuse**.

 **0161 631 4777**
(Adult Social Care Contact Centre)

 **worriedaboutanadult@salford.gov.uk**

 **safeguardingadults.salford.gov.uk**

 **tell someone you trust**

Salford
Safeguarding
Adults Board

Keeping you
safe from harm

Abuse is

- being bullied
- being hit
- being badly looked after
- having your money taken
- being touched where you do not want to be touched (sexual abuse)
- being made to feel scared
- being hurt
- being made to feel worried
- being shouted at
- being ignored
- being kept away from your friends and family
- being slapped or shaken

No one should do any of these things to you.

Are you being abused?



0161 631 4777

(Adult Social Care Contact Centre)



worriedaboutanadult@salford.gov.uk



safeguardingadults.salford.gov.uk

In an emergency ring 999

If you want help **to make the abuse stop or go away** you need to **tell someone you trust.**

You can tell us what you want to happen.

You will not get into trouble and someone will listen to you.

What happens next

- We will talk with you about what has happened. We will ask you what you want to happen next.
- We will talk with you about how to stop it happening again.
- We will talk with you about what we can do and what you can do.
- If you change your mind, you can tell us.
- We will tell you what we are doing for as long as you want us to.
- There may be things we have to do because of the law and to protect other people like you. We will tell you about this.

