



**PSAB**



Portsmouth Safeguarding  
Adults Board

If you need this information in a different language or format,  
contact us at [psab@portsmouthcc.gov.uk](mailto:psab@portsmouthcc.gov.uk) or 023 9284 1786



Safeguarding adults is protecting adults at risk from abuse and neglect. These terms are explained within this leaflet and what you can do.



### **Physical Abuse**

This is when someone hurts you by hitting you or kicking you or holding you down.



### **Sexual Abuse**

This is when somebody touches your body or does things to you that you do not like.



### **Psychological Abuse**

This includes emotional abuse, people will say things to upset you or threaten you.



### Financial Abuse

This is when someone takes your money or does not let you choose how to spend your money.



### Neglect

This is when someone is supposed to help you but doesn't. It might include things like not giving you food, medication or not taking you to see the doctor.



### Self-Neglect

This could be when you are not looking after yourself properly.



### Discrimination

This is when someone treats you unfairly or is mean to you because you are seen as different to them. This may be because you have a disability or have a different religion, gay, transgender, race or a man or a woman.



### Modern Slavery

When someone makes you work with little or no pay, or takes away your documents such as your ID or passport, or moves you around from one area to another and threatens you.



### Institutional Abuse

This may happen in a residential home, or supported living. An example of this is if the staff are not nice to you or do not help you when you need it.

### What can you do?

**If you are worried for yourself or somebody else who you think is being abused .**

**If you or somebody else is in danger call **999****



**If you need to contact the police and it is not urgent call **101****



**Portsmouth  
CITY COUNCIL**

**You can also report abuse of Adults at Risk to Portsmouth City Council Adult Social Care Helpdesk on:**

**023 9268 0810 (Monday-Friday in office hours**

**0300 555 1373 (Out of hours)**



Or email [PortsmouthAdultMash@portsmouthcc.gov.uk](mailto:PortsmouthAdultMash@portsmouthcc.gov.uk)

If you would like more information about safeguarding adults in Portsmouth, visit the Portsmouth Safeguarding Adults Board website:  
[www.portsmouthsab.uk](http://www.portsmouthsab.uk)