

Being Abused? We can help.



Abuse happens to lots of people but it is a crime and there are people who can help.



This leaflet will tell you what abuse is and how to get help.



It has been designed by women with learning disabilities.

Abuse can include:

Violence



Sexual abuse



Neglect



Bullying



Stalking



Taking your money



The person doing this to you could be a family member, your partner, your child or a carer.

How can I get help?



You could talk to someone you trust about what is happening.



In an emergency, you should always call the police on **999**.



Or to report something after it has happened, call **101**.



You can talk to someone at Oasis. They are trained to help people who are being abused.

How can I get help?

One Stop Shop



You can get advice from Oasis at their One Stop Shop.

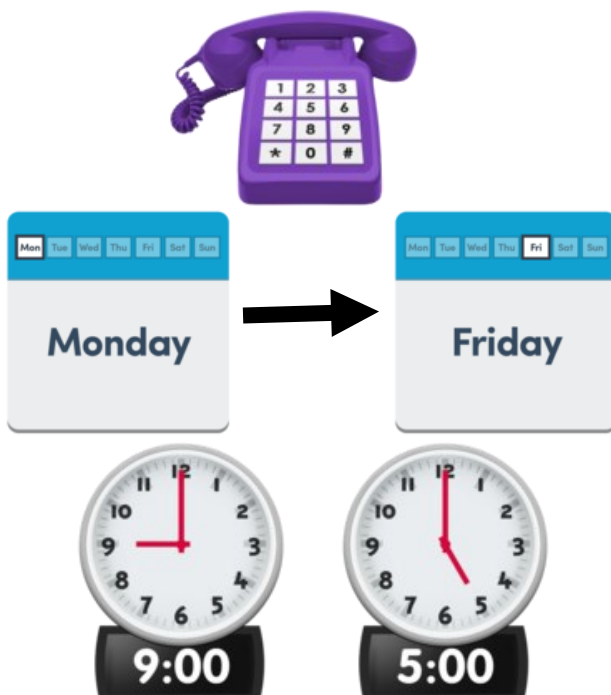
This is at the Six Bells Children's Centre on Margate High Street.



Pop in between 10am and 12pm every Wednesday.

You do not need to book an appointment.

Help Line



You could also talk to Oasis on the phone.

0771 865 7160

This help line is open from Monday to Friday, from 9am to 5pm.

What will happen if I ask for help?



We will talk to you about what is happening.



We will talk about how we can help.



We will help you make a plan to keep safe.



We will keep what you have told us private unless someone is in danger.



We can help to stop the abuse.

Remember...

Abuse is never your fault

You should not have to live in fear

You deserve to be treated kindly

Abuse is a crime

We are here to help you

This leaflet was written and designed by the East Kent Mencap Women's Group
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