## THERE ARE NAANY SIGNS OF ADULT ABUSE, DO YOU KNOW HOW TO RECOGNISE THEM?

## See it, report it!

If you suspect a neighbour, friend or family member is being neglected or abused, or you need help yourself.

## **Call your local Adult Social Care team**:

Hartlepool	01429 523 390
Middlesbrough	01642 065 070
Redcar & Cleveland	01642 771 500
Stockton-on-Tees	01642 527 764
Evenings & Weekends	01642 524 552
Call Cleveland Police 101 or 999 in an emergency	

## www.tsab.org.uk







Teeswide Safeguarding Adults Board