

Are you worried that an adult is being neglected  
or abused, or you need help yourself?

# Say something.

For details on how to report abuse or neglect visit:  
[www.tsab.org.uk/report-abuse](http://www.tsab.org.uk/report-abuse)

I'm worried.

See 👁️ Hear 👂 Feel ❤️  
something is wrong?  
Say something.

Who can I talk to?

You can contact 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**

It is good to know there is someone  
I can talk to.

You are not alone. ❤️



Scan me