Safeguarding is everybody's business

Psychological Abuse Factsheet

The Basics

This can include:

- Threats of harm or abandonment.
- Deprivation of contact or refusal of visitors.
- Humiliation.
- Restricting personal choice and refusing to respect privacy.
- Blaming, controlling, or intimidating behaviour.
- Coercion and harassment.
- Verbal abuse, or the use of infantilising language.
- Removing mobility or communication aids, or intentionally leaving someone unattended when they need assistance.
- Forced isolation, or withdrawal from services or support networks.

Signs and Symptoms

Signs that abuse is taking place:

- An air of silence when a particular person is present
- Withdrawal or a change in the psychological state of the person
- A change of appetite, unexplained weight loss or gain
- Tears and anger
- Low self-esteem and insomnia

Signs that a person might be an abuser:

- Uncooperative or aggressive behaviour from a carer
- Subtle instances when a carer might make some false claims about an individual's behaviour or condition in order to attract unnecessary treatment.

Reporting Concerns

- If you think someone is in immediate danger from Psychological Abuse call the Police on **999** or for non-emergency **101**.
- If you're worried about a situation or someone you know who might be a victim of Psychological Abuse in the East Riding of Yorkshire please call:

East Riding of Yorkshire Safeguarding Adults Team on **01482 396940** (Mon-Thurs 9am – 5pm, Fri 9 am-4.30pm) or **(01377) 241273** (out of hours)
or email **safeguardingadultsteam@eastriding.gov.uk**

Legislation

Section 76 of the Serious Crime Act 2015 created a new (Dec 2015) offence of controlling or coercive behaviour in an intimate or family relationship. Prior to the introduction of this offence, case law indicated the difficulty in proving a pattern of behaviour amounting to harassment within an intimate relationship.

> **For further details about the work of the East Riding Safeguarding Adults Board visit www.ersab.org.**