

Useful Contact Numbers

To discuss or report your concerns then please contact the appropriate service:

Duty Contact Details

- Clydebank Area - 01389 811760
- Dumbarton Area - 01389 776499
- wdadult@west-dunbarton.gov.uk

- Out of Hours - 0300 343 1505

If you are in immediate danger and require an emergency service please dial **999**

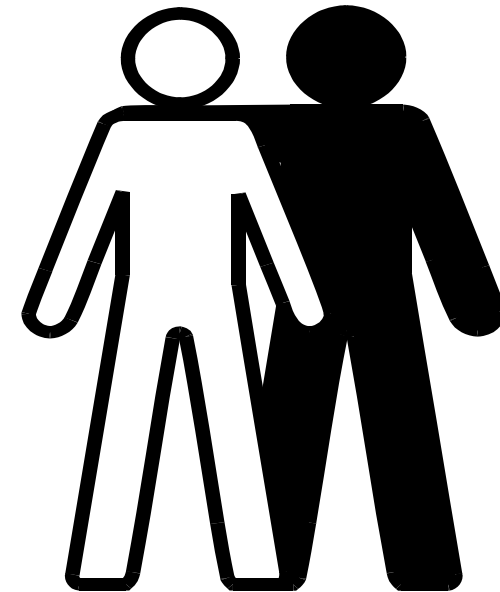
If you would like to report a crime but do not require immediate attention then please contact **101**

For a list of other useful numbers please visit:
<http://www.wdhscp.org.uk/public-protection/adult-support-and-protection/>



Adult Protection Committee
"working together to protect adults"

Protecting Yourself from Harm



What is Harm?

Harm is described as causing injury, upset, wrongdoing, distress or damage to an individual, whether this is **intentional** or **unintentional**.

Harm can come in many forms and in most cases a person may be at risk of more than one type of harm.



Further Information

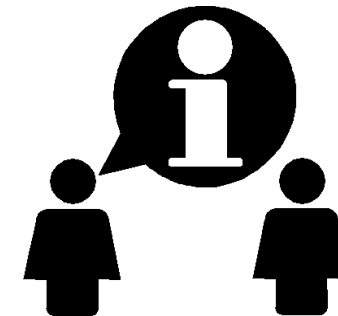
If you would like more information about Adult Support and Protection and adults at risk of harm in West Dunbartonshire then you may find the following websites useful:

Act Against Harm

www.actagainstharm.org

West Dunbartonshire Adult Support and Protection

<http://www.wdhscp.org.uk/public-protection/adult-support-and-protection/>



**Adult Support and Protection
It's everybody's business**

What will happen when the Social Worker visits?

The Social Worker will contact you and explain that they and another person (nurse, social worker, support worker etc.) will visit you. They may arrange to come to a place where you feel safe, such as a day centre.

During the visit, the Social Worker will ask you a number of questions about what has been happening and how you feel about this. You do not have to answer these questions if you do not want to and a friend or family member may be present with you if this would make you feel more comfortable.

The Social Worker or other person may take notes of what is being said. These will be kept private and will not be shared with anyone unless there is a need to protect you from being harmed.

Everyone has the right to feel safe, included and live without fear of harm

Types of Harm

There are many different types of harm, below are some of the most common.

- Physical
- Psychological/Emotional
- Financial/Material
- Sexual
- Self Harm
- Neglect/Self-Neglect
- Mate Crime/Hate Crime

Who Can Help?

If you are being harmed, it is important that you tell someone you trust.

You can speak to a:-

- **Social Worker**
- **Health Worker**
- **Doctor or Nurse**
- **Family Member or Friend**
- **Care Worker**
- **Anyone that will listen to you and report your concerns**

**“Adult Support and Protection...
Act against harm”**

What Happens Next?

A Social Worker will carry out an inquiry to decide whether an investigation is needed. If an investigation is needed a Social Worker will contact you to discuss what has been happening and what you would like to happen next. There are a number of things we can do to help, such as:-

- Offer extra support to keep you
- Arrange a meeting where a plan will be arranged to discuss how we can keep you from being harmed
- Contact the Police on your behalf if an offence has been committed
- Take action to stop the person who has harmed you from visiting your home
- Ensure that you have access to treatment from a wide range of professionals
- Support you to find a voice and refer you to Advocacy Services
- Find you somewhere safe to stay while things are being sorted out

The Social Worker will involve you at every step and your views and opinions will be listened to when looking at ways to keep you safe.