

**SEE**  
**SOMETHING**

**SAY**  
**SOMETHING**

Northern Ireland  
Adult Safeguarding  
Partnership

<http://www.hscboard.hscni.net/niasp>

**Everyone has the right to live life safe from harm.**

Harm is unacceptable and **YOU** can help **STOP** it.

**If you see possible signs of harm, exploitation or neglect such as:**

- Unexplained physical injuries such as bruises or burn marks
- Unusually untidy, hungry or thirsty
- More withdrawn or avoids being touched
- Seems to be struggling financially or more than usual
- Stops doing things they used to enjoy
- Someone else is telling them what to do
- Nobody comes when they call out for help

**SAY SOMETHING**



**Do you know an adult who  
needs help to protect  
themselves from harm?**

**If you SEE SOMETHING ....  
SAY SOMETHING**

## **What do I do if I'm worried or concerned about someone?**

If you're worried or concerned about an adult who needs help to protect themselves from harm you should talk to them, listen and if possible write down exactly what they tell you. Then contact police or social services to report it.

### **PSNI**

In an emergency call: **999**

To report your concerns, call: **101**

### **Social Services**

During office hours call:

Belfast Trust - **028 9504 1744**

South Eastern Trust – **028 9250 1227**

Northern Trust – **028 9441 3659**

Southern Trust – **028 3756 4423**

Western Trust – **028 7161 1366**

Evenings or weekends call: **028 9504 9999**

Harm can happen anywhere.