

USEFUL CONTACTS

Duty Social Work for Children:

During Working Hours
Mon to Fri 9am-5pm
Tel: 01595 744420

Childline:

Tel: 0800 1111
or go to Online chat at:
www.childline.org.uk

For more information about
Adult and Child Protection,
please visit:
www.safershetland.com

Duty Social Work for Adults:

During Working Hours
Mon to Fri 9am-5pm
Tel: 01595 744468

Out of hours

Duty Social Worker:
Tel: 01595 695611

Police Scotland

Tel: 101

In an emergency call 999

IT'S EVERYONE'S JOB TO KEEP
ADULTS AND CHILDREN SAFE



Shetland Public
Protection Committee

-----Keep this card with you for future reference-----

IT'S EVERYONE'S JOB

No one should have to suffer abuse of any kind. There are times when any one of us might need help from others to stay safe, but for children, young people and adults at risk of harm in Shetland, this need for support is ever-present.

We all have a responsibility to look out for one another and to ensure that anyone at risk can access the help and support they need to protect themselves.

Social workers, teachers, healthcare staff, and the police are there to help protect and support people at risk but the community has an important role to play too.

If you have concerns about someone, please report it straight away.

CAUSE FOR CONCERN

Abuse can take many forms:

- physical abuse
- emotional abuse
- psychological abuse
- financial abuse
- sexual abuse
- neglect

You may see or hear things that worry you, or you may notice a change in behaviour or appearance that causes you some concern, or an adult or child may tell you they are being abused.

If so, you **MUST** act!

See other side for contacts or for more info visit
www.safershetland.com

WHAT TO DO?

If you are at all concerned about the wellbeing of an adult or a child, or if they disclose something, you must take it seriously, and do the following:

- Listen to what is said
- Observe what is happening
- Write down exactly what you see or hear
- If you work for an organisation, report your concerns to the person responsible for adult/child protection
- if not part of an organisation, report it yourself by contacting the Duty Social Worker, as soon as possible

DO NOT DELAY!