



## Stopping someone from seeing their family or friends is psychological abuse

**Psychological abuse** also includes treating an adult like a child, or verbal abuse and bullying.

It can look like name calling, trying to convince others that the person is unable to make their own decisions or moving the person far away from family, friends and their community.

If you have concerns about yourself, an older person or adult with disability in their family, home or community, **call the NSW Ageing and Disability Abuse Helpline for information, support or to make a report.** Anyone can call, and you can be anonymous.



**1800 628 221**  
(M-F, 9am-4pm)

Visit [adc.nsw.gov.au](http://adc.nsw.gov.au)  
for more info. In an  
emergency call 000.