

Mental or emotional abuse

How to speak up if it happens to you

An Easy Read guide



Ageing and **Disability** Abuse Helpline

1800 628 221 (M-F 9-4)

How to use this guide



The New South Wales (NSW) Ageing and Disability Commission wrote this guide. When you see the word 'we' or 'us', it means the NSW Ageing and Disability Commission.



We wrote this guide in an easy to read way. We use pictures to explain some ideas.

Bold
Not bold

We wrote some important words in **bold**. We explain what these words mean.



You can ask for help to read this guide. A friend, family member or support person may be able to help you.

Mental or emotional abuse

What mental or emotional abuse is



Abuse is when someone treats you badly.



Mental or emotional abuse is when someone treats you in a way that upsets you.

They also treat you in a way that hurts your feelings.



They might make fun of you or laugh at you.



They might call you names or swear at you.



They might also tell you they will hurt you.
Or they might say they will bully you.

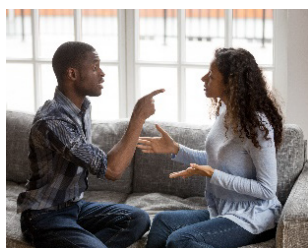


They might take things from you.



We also call it psychological abuse.

When mental or emotional abuse happens



You can be mentally or emotionally abused by
your partner.



You can be mentally or emotionally abused by
a family member or friend.



You can be mentally or emotionally abused by your carer.

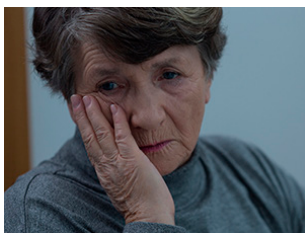


You can be mentally or emotionally abused by someone in your community.
This includes people you don't know.

How mental or emotional abuse happens



A person might yell, shout or swear at you.



They might say things to make you feel scared.



They might stop you from seeing your family or friends.



They might stop you from using the phone.
Or they might stop you using services that support you.



They might take things away from you.



They might say things to make you
feel embarrassed.



Mental and emotional abuse is not ok.

How to speak up



Some people who are emotionally or mentally abused are too scared to speak up.



It's important to speak up if you're being mentally or emotionally abused.



You can tell someone you trust, such as:

- a family member or friend
- an advocate – someone who speaks up for people with disability.



You might talk to someone in your community, like your doctor.

You can get help



You can call the Ageing and Disability Abuse Helpline to get help.

1800 628 221



We are open:

- Monday to Friday
- 9am to 4pm.



You can send us an email.

helpline@adc.nsw.gov.au



If you are having an emergency:

- call Triple Zero
000
- ask for the police.



The Information Access Group created this Easy Read document using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit **www.informationaccessgroup.com**.

Quote job number 5319-D.