



What is emotional abuse?



What is emotional abuse?

Emotional abuse is when someone makes you feel:



- sad



- scared



- not important.

They might:



- make fun of you or laugh at you



- call you names



- threaten you



- bully you



- ignore you



- blame you for things you didn't do.

They might not:



- give you things you need



- listen to you



- believe what you tell them.



All of these things are wrong.

Anyone could abuse you, including:



- family



- friends



- carers or other people who support you



- neighbours or people you live with



- people you work with



- members of your community.



The person abusing you might not know what they're doing is wrong.

You might feel too scared to:



- speak out



- stop them.



You might not know how to get help.



They might make it hard for you to tell anyone.



If emotional abuse happens to you, it is important to speak out.



You should tell someone you trust as soon as you can.

Who can help you?



If you want to report emotional abuse, call the Disability Abuse and Neglect Hotline on

1800 880 052



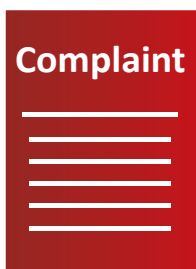
An advocate is a person who can help you or speak up for you.

If you would like support from an advocate, call People With Disabilities WA on

(08) 9420 7279

or

1800 193 331



If you want to make a complaint about a disability service, contact the NDIS Quality and Safeguards Commission:

1800 035 544

contactcentre@ndiscommission.gov.au

www.ndiscommission.gov.au



This Easy Read document was created by the Information Access Group using PhotoSymbols, 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 3473.