

# NO EXCUSE FOR ABUSE

Speak up. Seek help.

Support each other.

## Abuse can be:

- Physical
- Sexual
- Emotional
- Neglect

## Recognise the signs:

- Sudden changes in behaviour
- Unexplained injuries
- Withdrawal from friends and activities
- Signs of malnutrition
- Limited access to money
- Self-harming
- Poor concentration



If you are worried about yourself or someone you know, please get in touch with the Safeguarding Team or email [safe@wiltshire.ac.uk](mailto:safe@wiltshire.ac.uk)