



Report Abuse and Neglect

You have the right to feel safe.

It is not ok for someone to hurt you or others.

If you or someone you know is being abused or neglected, here is what you can do:

Talk to someone you trust!

Who can you talk to or call?

- Family
- Friend
- Staff
- Job Coach or Boss
- Doctor
- Service Coordinator
- Call 9-1-1 for emergencies



The first person you tell might not know how to help.

Don't give up!

Keep asking for help until you get it.

What questions will they ask when you call for help?

- What happened to you?
- When did it happen? If you can't remember the date, think about what else happened that day to help you remember.
- What is the name of the person who hurt or abused you? How do you know them? If you don't know their name, describe them.
- Has this happened before?
- Where did the abuse happen? Did the abuse happen at home?
- Do you live with the person that is hurting you? Are others around?
- Do you live with anyone you trust and feel safe telling about what is happening?
- Who are the people and staff you trust?



Why should you report abuse and neglect?

- You can get help getting away from the person who is hurting you.
- You can get help getting out of an abusive situation or relationship.
- You can get special services for people who have been abused or hurt.
- You might help stop abuse from happening to someone else.

Who can you call to report abuse?

- If you live in a state licensed community care facility, call 844-538-8766
- If you live in a healthcare facility, you can file a complaint here: [Complaint](#)
- If a child, someone under 18 years old, is being abused or neglected, use this website to find the phone number to call: [Report Child Abuse](#)
- If someone with a disability who is 18 years old or older is being abused or neglected contact [Adult Protective Services](#), call **1-833-401-0832** and when prompted enter your zip code to be connected to the Adult Protective Services in your county, 7 days a week, 24 hours a day.

