



# Help stop abuse and neglect

**ARE YOU WORRIED  
ABOUT YOURSELF  
OR SOMEONE ELSE?**

**REPORT IT.**



## **Adult social care can help.**

Contact your local authority area for  
help and advice:

### **Essex**

0345 603 7630

Textphone: 0345 758 5592

### **Southend**

01702 215008

[accessteam@southend.gov.uk](mailto:accessteam@southend.gov.uk)

### **Thurrock**

01375 511000

[Thurrock.First@thurrock.gov.uk](mailto:Thurrock.First@thurrock.gov.uk)