



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

Out of hours: 0345 606 1212

Thurrock

01375 511000

Thurrock.First@thurrock.gov.uk