# Mental or emotional abuse

## How to speak up if it happens to you

### A text-only Easy Read guide

## How to use this guide

The New South Wales (NSW) Ageing and Disability Commission wrote   
this guide. When you see the word ‘we’ or ‘us’, it means the NSW Ageing and Disability Commission.

We wrote this guide in an easy to read way.

We wrote some important words in **bold**.

We explain what these words mean.

You can ask for help to read this guide. A friend, family member or   
support person may be able to help you.

## Mental or emotional abuse

### What mental or emotional abuse is

**Abuse** is when someone treats you badly.

**Mental or emotional abuse** is when someone treats you in a way   
that upsets you.

They also treat you in a way that hurts your feelings.

They might make fun of you or laugh at you.

They might call you names or swear at you.

They might also tell you they will hurt you.

Or they might say they will bully you.

They might take things from you.

We also call it psychological abuse.

### When mental or emotional abuse happens

You can be mentally or emotionally abused by your partner.

You can be mentally or emotionally abused by a family member   
or friend.

You can be mentally or emotionally abused by your carer.

You can be mentally or emotionally abused by someone in your community. This includes people you don’t know.

### How mental or emotional abuse happens

A person might yell, shout or swear at you.

They might say things to make you feel scared.

They might stop you from seeing your family or friends.

They might stop you from using the phone.   
Or they might stop you using services that support you.

They might take things away from you.

They might say things to make you feel embarrassed.

Mental and emotional abuse is not ok.

## How to speak up

Some people who are emotionally or mentally abused are too scared to   
speak up.

It’s important to speak up if you’re being mentally or emotionally abused.

You can tell someone you trust, such as:

* a family member or friend
* an advocate – someone who speaks up for people with disability.

You might talk to someone in your community, like your doctor.

## You can get help

You can call the Ageing and Disability Abuse Helpline to get help –   
**1800 628 221**

We are open:

* Monday to Friday
* 9am to 4pm.

You can send us an email – [helpline@adc.nsw.gov.au](mailto:helpline@adc.nsw.gov.au)

If you are having an emergency:

* call Triple Zero – **000**
* ask for the police.

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