



Nottinghamshire  
Safeguarding  
Adults Board  
Stop abuse and neglect

# WHAT IS SAFEGUARDING?

It protects adults with care and support needs who may be at risk of experiencing abuse or neglect.



**SEE IT,  
REPORT IT.**



If you're worried about someone, or need support yourself:  
Visit: [www.nottinghamshire.gov.uk/abuse](http://www.nottinghamshire.gov.uk/abuse)  
Tel: **0300 500 80 80**