

“ They said they were my friends,  
I trusted them. But they were mean  
to me, they made me feel sad.  
I know I should tell someone, but  
I don't want to make a fuss.”

**Danny** – victim of psychological abuse



## Are you concerned about an adult in Gateshead?

Please contact Adult Social Care Direct  
[www.gatesheadsafeguarding.org.uk](http://www.gatesheadsafeguarding.org.uk)  
0191 433 7033.

If it's an emergency always call 999.

