

Leeds Safeguarding Adults Board

## "I'm glad I asked for help. Now I feel safe again."

## Supporting people to be safe in Leeds

If someone is experiencing or at risk of **abuse**, **neglect** or **self-neglect**, there are people who can help.

For advice or support, contact Leeds Adult Social Care:

- Tel: 0113 222 4401
- BSL: www.leeds.gov.uk/accessibility
- Visit: Council One Stop Centres / Community Hubs

Go to **www.leedssab.org.uk** for more information.