

## You Can Report Abuse

### Tell someone you trust.

If you are being harmed, tell someone you trust and show them this brochure or your Resource Card.

### Call protective services.

Protective services investigate abuse against people with disabilities and older adults. The number for protective services is: 1-800-490-8505.

### Contact Disability Rights Pennsylvania (DRP).

DRP helps people with disabilities who are being abused or mistreated. The number for DRP is: 1-800- 692-7743.

**Contact the Office of Developmental Programs Customer Service Center (CSS).** CSS is available from 8:30 AM to 4:00 PM, Monday through Friday. The number for CSS is: 1-888-565-9435.

## Your Resource Card

### Front

**If you do not feel safe - Tell Someone!**

**Report Abuse If Someone:**

- Touches you in a way you do not want.
- Threatens you, your things, or people you care about.
- Keeps you away from people, or from getting the care you need.
- Steals from you or breaks your things.
- Makes you feel very bad or sad.

**If you feel you are being abused, give this card to someone you trust.**



### Back

**If you do not feel safe - Tell Someone!**

**I need help.  
Please call someone:**

**Adult Protective Services**  
1-800-490-8505

**Fire, Ambulance, Police**  
Dial 911

**PA Coalition Against Rape (PCAR)**  
1-800-772-7227  
[www.pcar.org/contact-us](http://www.pcar.org/contact-us)

**National Domestic Violence Hotline**  
1-800-799-7233  
TTY 1-800-787-3224  
[www.thehotline.org](http://www.thehotline.org)

You have a Resource Card to help tell someone about abuse.

If you are being harmed, you can give this card to your Supports Coordinator, a police officer, or anyone else who makes you feel safe.

**REMEMBER!**

**Abuse is NEVER OK!**

**Abuse is NEVER your fault!**

**YOU have the power to report abuse!**

***It is WRONG  
for anyone  
to hurt you!***



Is someone harming you  
or making you feel bad?

If so, you may be a victim  
of **ABUSE**.

Abuse is **NEVER** right.

Abuse is  
**ALWAYS WRONG.**

## What is Abuse?

**Abuse is causing harm to a person.**

Some kinds of abuse are:

- Someone touching you in a way you do not want.
- Someone yelling at you or saying things that make you feel bad.
- Having your money or property stolen.
- Not getting the care you need to be healthy and safe.
- Someone threatening people you love if you don't do what the person says.

**There are many kinds of abuse!**

**If you feel like you're being mistreated in any way, you have the right to get help!**



## You have a **RIGHT** to speak up about Abuse!!!

If someone mistreats you because you spoke up, tell someone else. Keep telling until you get the help you need.

## Other Kinds of Mistreatment

Abuse is not the only way that you can be harmed. Other kinds of mistreatment are:

- Neglect
- Abandonment
- Exploitation

Your Supports Coordinator can help you learn more.

**Remember: If you feel like you're being mistreated in any way, you have the right to get help!**

## Tell Someone About Abuse

You can tell someone that you are being abused in any way you want. Here are some ways people have told someone about abuse:

- Words
- Pictures
- Drawings
- Gestures or Sign Language
- Communication Technology

