

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 investigates 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	PA Coalition Against Rape (PCAR) 1-800-772-7227 www.pcar.org/contact-us
Fire, Ambulance, Police Dial 911	National Domestic Violence Hotline 1-800-799-7233 TTY 1-800-787-3224 www.thehotline.org

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



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!

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

