

# SAFEGUARDING EMOTIONAL ABUSE



## *What is emotional abuse?*

Emotional abuse is the ongoing emotional maltreatment or emotional neglect of a young person. It's sometimes called psychological abuse and can seriously damage a young person's emotional health and development.

Emotional abuse can involve deliberately trying to scare or humiliate a young person or isolating or ignoring them.

Young people who are emotionally abused are usually suffering another type of abuse or neglect at the same time – but this isn't always the case.

## *How to get help*

Speak to any member of staff or email your concerns to the college's Safeguarding Team at [safeguarding@grimsby.ac.uk](mailto:safeguarding@grimsby.ac.uk)

## *Other support*

[nspcc.org.uk](http://nspcc.org.uk) - 0808 800 5000

ChildLine - 0800 1111 (24 hours)

*We're here to help you*  
[safeguarding@grimsby.ac.uk](mailto:safeguarding@grimsby.ac.uk)  
07920 860241

