

**SEE SOMETHING**  
**HEAR SOMETHING**  
**SAY SOMETHING**



**If you or someone you know is being abused or neglected then say something.**

- **Report it on 0344 800 8020**
- **In an emergency call 999**
- **Help an adult at risk of harm - Norfolk County Council**



**[www.norfolk.gov.uk/saysomething](http://www.norfolk.gov.uk/saysomething)**