Psychological Abuse

Psychological Abuse Includes emotional abuse, threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, cyber bullying, isolation or unreasonable and unjustified withdrawal of services or supportive networks.

Types of Psychological Abuse

- Enforced social isolation – preventing someone accessing services, educational and social opportunities and seeing friends
- Removing mobility or communication aids or intentionally leaving someone unattended when they need assistance
- Preventing someone from meeting their religious and cultural needs
- Preventing the expression of choice and opinion
- Failure to respect privacy
- Preventing stimulation, meaningful occupation or activities
- Intimidation, coercion, harassment, use of threats, humiliation, bullying, swearing or verbal abuse
- Addressing a person in a patronising or infantilising way
- Threats of harm or abandonment
- Cyber bullying

Signs of Psychological Abuse

- An air of silence when a particular person is present
- Withdrawal or change in the psychological state of the person
- Insomnia
- Low self-esteem
- Uncooperative and aggressive behaviour
- A change of appetite, weight loss/gain

- Signs of distress: tearfulness, anger
- Apparent false claims, by someone involved with the person, to attract unnecessary treatment

Help and Support

- If someone is in immediate danger call the Police on 999.
- To make a safeguarding referral visit: Report abuse/neglect of a vulnerable adult or contact the Community Adult Front Door on 01942 828777.

Psychological Abuse

What is Psychological Abuse?

Psychological abuse, involves behaviours that cause mental or emotional harm to another person, often leading to long-lasting psychological effects.

Key Characteristics

- Enforced Isolation
- Intimidation, coercion, harassment, use of threats, humiliation, bullying, swearing or verbal abuse
- Threats of harm or abandonment
- Preventing the expression of choice and opinion

Signs of Psychological Abuse

- Silence when a particular person is present
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Legal Framework

- ✓ The Care Act 2014