



Emotional/psychological

Indicators of abuse / harm / neglect

Category of Abuse: Emotional / Psychological Abuse

Threats of harm or abandonment, coercive control, humiliation, verbal or racial abuse, isolation or withdrawal from services or supportive networks (coercive control is an act or pattern of acts of assault, threats, humiliation, intimidation or other abuse that is used to harm, punish or frighten the victim).

INDICATORS

Physical

- self-harm / Injury
- sleep disturbances
- change in appetite, weight loss
- isolation in a room
- inappropriately or oddly dressed by carer

Emotional

- passivity
- agitation
- confusion
- resignation
- fearfulness
- depression
- suicidal ideation
- helplessness
- tearfulness
- low self esteem

Behavioural

- insomnia
- recoiling from the approach of carer(s)
- avoidance of eye contact
- cowering
- head banging, hand biting
- running away, not wanting to go home

Social

- an air of silence when the abuser is present
- overtly subservient or anxious to please
- excessive and inappropriate craving for affection
- anxiety / stress / fearfulness around a particular person or place
- social activities and friendships controlled by the abuser
- age-appropriate peer interaction (e.g. on-line) prevented
- unwilling to allow visitors into home

WHERE MIGHT THIS HAPPEN?

- person's own home
- residential care home
- nursing home
- hospital
- school / college
- daycare
- nursery
- childminders
- sheltered accommodation
- relative's home
- public place

WHO MIGHT BE INVOLVED OR CAUSING THIS?

- domiciliary carer
- residential carer
- relative / parent / child / spouse / other carer
- support worker
- professional

For more info on safeguarding you can visit

[Here](#)