

# Tell someone and be safe form

This form is for you to fill out if you are worried that someone may be hurting or controlling you or someone else, and you would like some help about this and want it to stop.

## Are you worried that you or some you know is being hurt or controlled? Please circle

- Yes
- No

Tell us what is happening?:

## Do you or they want it to stop? Please circle

- Yes
- No

What do you, or they want to happen about this?

## Your Contact Details:

Name:

Address:

Home Phone:

Mobile Number:

Email Address

**Hand this leaflet in to someone that you trust. This could be your:**

- Care Worker
- Family or Carer

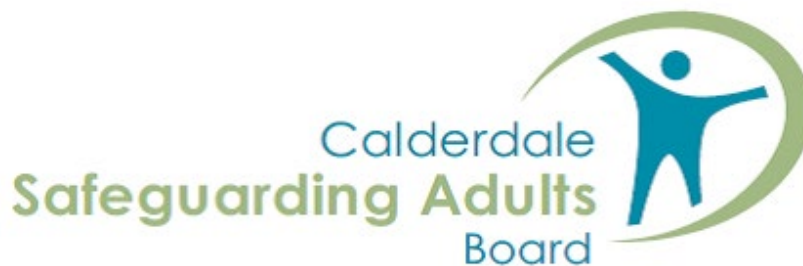
**You can also post this leaflet to:**

FAO Gateway to Care Halifax Town Hall Crossley Street Halifax HX1 1UJ

**You can also call Gateway to Care with this information on:**

Tel: 01422 393000 (office hours) or 01422 288000 (Emergency Duty Team - Evenings and Weekends)

Email: [gatewaytocare@calderdale.gov.uk](mailto:gatewaytocare@calderdale.gov.uk)



*This leaflet was adapted from East Riding Safeguarding Adult's Board and co-produced with Calderdale's SEND Reference Group*

**This for the person receiving this form ONLY:**

If you receive this form, please scan the form onto a computer and email confidentially to: [gatewaytocare@calderdale.gov.uk](mailto:gatewaytocare@calderdale.gov.uk) (please delete the form after emailing)