SEE SOMETHING
HEAR SOMETHING
SAY SOMETHING

Norfolk
**Safeguarding
Adults Board**
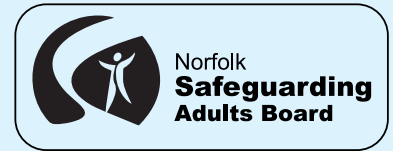
If you or someone you know is being abused or neglected then say something.

- 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