**EMOTIONAL ABUSE**

*What is emotional abuse?*

Emotional abuse is the ongoing emotional maltreatment or emotional neglect of an individual. It’s sometimes called psychological abuse and can seriously damage an individual’s emotional health and development.

Emotional abuse can involve deliberately trying to scare or humiliate an individual or isolating or ignoring them.

Individuals who are emotionally abused are usually suffering another type of abuse or neglect at the same time – but this isn’t always the case.

*How to get help*

Speak to any member of College staff or speak to the College Safeguarding Team on 01226 216 142 or via email at safeguarding@barnsley.ac.uk

*Other support*

<nspcc.org.uk> – 0808 800 5000

Childline – 0800 11 11 (24 hours)