## Psychological or Emotional Abuse

Psychological or emotional abuse is behaviour that has an adverse effect on an individual’s mental well-being. It includes:

* Bullying and aggression.
* Inappropriate befriending
* Threats and intimidation of harm and or abandonment
* Deprivation of contact
* Unreasonable and unjustified withdrawal of services or supportive networks
* The denial of basic human and civil rights such as self-expression, privacy and dignity.
* Humiliation, ridicule and name calling.
* Exclusion from group or marginalisation.
* Denial of access to social contact, cultural or religious observance or possessions.
* Disregard of choice and consent.
* Verbal abuse.
* Cyber bullying
* Grooming, recruiting and encouraging participation in acts of violence or violent extremism (See information on Prevent).
* Enforced social isolation – preventing someone accessing services, educational and social opportunities and seeing friends
* Lack of consideration for the adult at risk of harm
* Denial of privacy, choice, freedom of movement
* Restricting access to sensory, mobility or continence aids or equipment or intentionally leaving someone unattended when they need assistance
* Denial of access to the adult at risk of harm
* Decisions always made by others
* Person not allowed visitors/phone calls
* 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

Possible Indicators

Factors that may indicate psychological or emotional abuse may include:

* Fear, watchfulness or agitation
* Deference, resignation and passivity
* Excessive loyalty and over-anxious to please
* Oppressive atmosphere, air of silence or tension in the presence of certain others
* Low self-esteem
* Loss of interest, emotional withdrawal or symptoms of depression
* Sleep disturbance
* Significant weight loss or gain
* Over controlling behaviour by third party
* Self-harm
* Withdrawal or change in the psychological state of the person
* Insomnia
* Uncooperative and aggressive behaviour
* Signs of distress: tearfulness, anger
* Apparent false claims, by someone involved with the person, to attract unnecessary treatment

<https://www.scie.org.uk/safeguarding/adults/introduction/types-and-indicators-of-abuse#psychological>