

EMOTIONAL ABUSE FACTSHEET

Did you know?



Emotional / Psychological was the highest reported type of abuse that people suffered in their own home 2022/23 in Knowsley.

What is Emotional Abuse?

Emotional abuse, also referred to as psychological abuse, is the attempt to scare, control or isolate an individual by intimidation or fear. It can include:

- Threats of harm or abandonment
- Deprivation of contact
- Humiliation
- Blaming
- Controlling or coercion
- Intimidation
- Harassment

Signs of Emotional Abuse

Emotional and psychological abuse may not leave physical marks, but they can be just as powerful as physical abuse. Possible indicators of psychological or emotional abuse:

- An air of silence when a particular person is present
- Emotionally withdrawn
- Insomnia
- Low self-esteem
- Change of appetite, weight loss/gain
- Defensiveness
- Unexplained fear

Report a Concern

If you believe someone may be at risk of emotional abuse or any other abuse/neglect raise a concern by completing a [referral form](#) or contact Knowsley MASH team on Tel: **0151 443 2600**.

If you believe a person is in immediate risk of harm, you should contact the police by ringing 999.