



# Say NO to Abuse and Neglect

The Missouri Division of Developmental Disabilities and You



Missouri Division of  
**Developmental  
Disabilities**



573-751-4054



573-751-9207



[ddmail@dmh.mo.gov](mailto:ddmail@dmh.mo.gov)



[dmh.mo.gov/contact-us](http://dmh.mo.gov/contact-us)

## Who is this booklet for?

**This is a Booklet Series for you! Someone who is getting supports and services from the Missouri Division of Developmental Disabilities.**



These booklets are written using words and pictures to help you understand information that you need to know. You might be able to read this information by yourself or you might want someone to read this with you.



The information in this booklet comes from the rules and laws the State of Missouri set up to help protect you.



This booklet is to help you understand rules and laws but there may be other things in the law that you need to know.

## What is this booklet about?



This *Say No to Abuse and Neglect* booklet helps you learn about things that should not happen to you as someone who gets services from Missouri Developmental Disabilities



### **What is Abuse?**

Abuse happens when a person hurts you, breaks your things on purpose or takes your things away from you without asking. Abuse can happen one time or it can happen many times. Abuse can happen in lots of ways. In this booklet, we describe four types of abuse: Physical, Verbal and Emotional, Sexual, and Financial.



### **What is Neglect?**

Neglect is when someone does not take care of you properly or does not meet your needs when they are supposed to. This means you could be in danger of being harmed if your needs are not met the right way. You could be experiencing neglect if someone is not giving you food or drink when you need or if you are not getting the medical care or mental health services you need.



### **Who is At-Risk of Abuse or Neglect?**

You are! Because you have different needs than other people you could be abused or neglected. People who have a disability, are older, or are sick a lot have more risk of abuse and neglect than other people.



## What is Verbal and Emotional Abuse?

**When someone threatens you or hurts your feelings by talking mean to you, name-calling, or making fun of you.**



### **Verbal and Emotional Abuse is when someone is ...**

- Making threats to you, cursing at you, or yelling and telling you to shut-up loudly.
- Putting you down or calling you names.
- Saying bad things about you to others or telling other people personal things about you without your okay.
- Using threats, mean looks or hand gestures to make you do what they want you to.
- Refusing to talk to you and ignoring you when you ask them for something.
- Telling you they will hurt or kill you.



## What is Physical Abuse?

**When someone hurts your body or threatens to hurt your body on purpose.**



### **Physical Abuse is when someone is ...**

- Causes you to have an injury on purpose.
  - o This can include hitting, kicking, pinching, slapping, or scratching you
- Treats you bad or causes you physical harm.
  - o This can include pulling your hair or shaking you physically
- Uses excess force in order to control you
  - o This can include holding you down and not allowing you to move freely



## What is Sexual Abuse?

**When someone touches your body when you don't want them to. When someone makes you have sex when you don't want to. When someone makes you do something sexual that you don't want to. You can always tell anyone NO to sex.**



### **Sexual Abuse is when someone is ...**

- Making you kiss, touch or have sex with them or with someone else when you have said NO or did not say yes.
- Kissing or touching your body when you have said NO, or without you saying yes.
- Showing you their private parts when you don't want them to or without asking you.
- Asking or forcing you to touch their private parts or someone else's private parts.
- Making you watch others have sex or look at videos and pictures of others having sex.



## What is Financial Abuse?

**When someone takes your money without you wanting them to. When someone takes things that are yours away from you so you can't use them.**



### **Financial Abuse is when someone is ...**

- Taking your money or things or using them without your okay.
- Making you buy something that you do not want to buy.
- Making you buy things for them that they should be buying for themselves.
- Keeping you from having your money to buy things you need or want to make you do what they want or because they are mad at you.
- Deciding things about your money without asking for your input.



## What is Neglect?

**When someone is not giving you the things you need to keep you healthy and safe.**



### **Neglect is when someone is ...**

- Not giving you enough healthy food to eat or fresh water to drink.
- Not taking you to the doctor or hospital when you are sick or hurt.
- Keeping you from getting or using things you need like your medicine, glasses, walker, wheelchair, braces, or hearing aids.
- Leaving you without any help or support when you need it.
- Leaving you alone in a dangerous situation.

## What to do if abuse or neglect happens to you:

### What to do if you think you are being abused or neglected:

If you think you are being abused or neglected, you should tell someone you trust like:

- A family member
- Your support coordinator
- A nurse or a doctor
- The police
- A friend or someone who will help you advocate

### You can call:

- **Office of Constituent Services at the Department of Mental Health. As someone who gets services from the Missouri Division of Developmental Disabilities, you are a constituent.**
  - o **Call them at: 1-800-364-9687**
  - o **E-mail them at: [constituentsvcs@dmh.mo.gov](mailto:constituentsvcs@dmh.mo.gov)**
- Missouri Adult Abuse and Neglect Hotline at:  
1-800-392-0210  
[health.mo.gov/safety/abuse/](http://health.mo.gov/safety/abuse/)

Responds to reports of abuse or neglect for adults with disabilities 18 years and older and adults 60 years and older without disabilities, living in the community or in long-term care facilities.

- Missouri Child Abuse and Neglect Hotline at: 1-800-392-3738  
Responds to reports of abuse and neglect of children and youth under the age of 18.

## What happens when I file a report of Abuse or Neglect?



When you report Abuse and Neglect, you are trusting that someone will help you. The people you tell about abuse or neglect will listen to what happened and will work toward ensuring your safety and keeping you from harm.

- Your safety and well-being is important.
- Reporting abuse is the right thing to do and you will NOT get in trouble for telling someone.
- As a person who receives services in Missouri, the people who take your report will work to keep you protected.
- Someone will take the information you shared and will look into what you told them. The information you shared could lead to an investigation.
- If an investigation happens, you or your guardian will receive a summary of the facts, details that were found, and any actions that will be taken. If you have a guardian, you can talk to them about the results of the investigation.

## Who can help me?

- **National Sexual Assault Hotline**

RAINN provides 24/7 support, information, and referrals to local resources for individuals who have experienced sexual assault or abuse.

**You can call the 24/7 hotline 1-800-656-4673 or begin a live chat [www.rainn.org](http://www.rainn.org)**

- **National Domestic Violence Hotline**

Provides 24/7 support, information, and referrals to local resources for individuals who have experienced domestic violence or abuse from a partner.

**You can call the 24/7 hotline 1-800-799-7233 or begin a live chat at [www.thehotline.org](http://www.thehotline.org)**

- **Victim Connect**

Provides information to crime victims about their rights and options. Their services are specifically designed to refer victims to the most appropriate local or national resources based on their experiences and needs.

**You can call the helpline 855-484-2846 or begin a live chat at [www.Chat.VictimConnect.org](http://www.Chat.VictimConnect.org)**

- **Deaf LEAD**

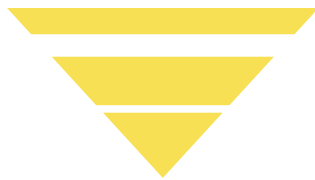
Provides 24/7 crisis support through videophone and text for Deaf people.

**To speak with someone via video phone call 321-800-3323 or text HAND to 839863**

# Say NO to Abuse and Neglect

The Missouri Division of Developmental Disabilities and You

---



**Missouri Division of  
Developmental  
Disabilities**

**DMH.MO.GOV/DEV-DISABILITIES**

**Department of Mental Health**  
1706 East Elm Street  
Jefferson City, MO 65101

Phone: 573-751-4054  
Fax: 573-751-9207  
Email: [ddmail@dmh.mo.gov](mailto:ddmail@dmh.mo.gov)

The information in the *The Missouri Division of Developmental Disabilities and You Series on Say No to Abuse and Neglect* booklet is from:

- *Say “NO” to Abuse and Neglect: A Guide for Individuals with Developmental Disabilities to Help Prevent Abuse and Neglect – Missouri Department of Developmental Disabilities*
- *Missouri Code of State Regulations (CSR): 9 CSR 10-5.200*

