



Hourglass

Safer Ageing • Stopping Abuse

SPOTTING THE SIGNS OF

PSYCHOLOGICAL ABUSE

PSYCHOLOGICAL ABUSE IS A CRIME.
RECOGNISE IT. REPORT IT. STOP IT.

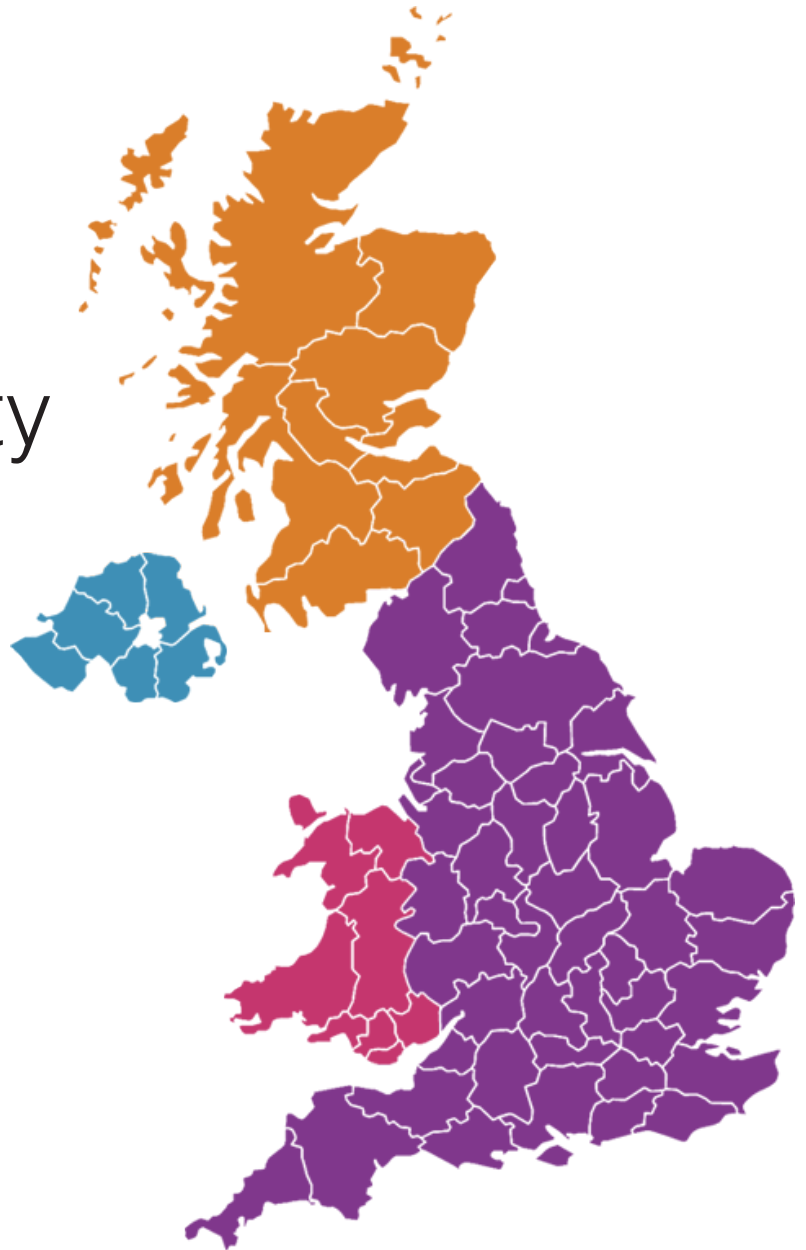
CALL OUR FREE 24/7 HELPLINE

0808 808 8141



Hourglass

is the only
UK-wide charity
dedicated to
calling time
on the harm
and abuse of
older people.



Keeping You and Your Loved Ones Safe from Psychological Abuse

Psychological abuse can take many forms, it can be subtle and hard to spot. If you or an older person you know are experiencing this you are not alone, sadly this type of abuse can affect anyone, regardless of gender, ethnicity, sexual orientation, disability or gender identity.

Hourglass is here to help. This guide provides you with information about what psychological abuse is, how to identify it when it is happening and some tips on how to protect yourself and others.



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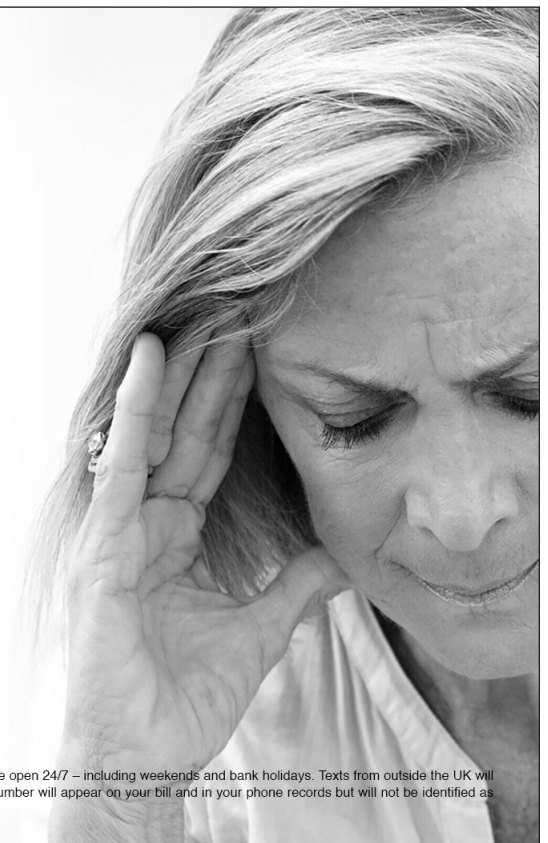
If you're concerned about the abuse of an older person call our

24/7 Helpline: 0808 808 8141

SCAN TO DONATE £20



Our Helpline is entirely confidential and free to call from a landline or mobile. The number will not appear on your phone bill. Our lines are open 24/7 – including weekends and bank holidays. Texts from outside the UK will be charged at their standard international rate which will differ depending on location and service charges of your phone provider. The number will appear on your bill and in your phone records but will not be identified as Hourglass.



What is Psychological Abuse?

Psychological abuse can hurt, manipulate, or frighten you mentally and emotionally. It can be used with the intent to confuse or influence your thoughts which can diminish your wellbeing, self esteem, self worth, and confidence.

Sometimes you may not realise you are experiencing psychological abuse and it may start with small comments or behaviours that escalate over time. This type of abuse is often a way for the perpetrator of the abuse to gain and keep control over you or someone you know.

This type of abuse can happen alone or can be experienced alongside other forms of abuse such as physical abuse or as a form of domestic abuse.



Psychological Abuse may include:

- Constant put downs and negative remarks or comments.
- Gaslighting - being manipulated into doubting your own sanity.
- Humiliating you publicly or in private.
- Using silence against you or ignoring you.
- Being checked on constantly and feeling as though you cannot make your own decisions or choices.



TAKE THE OATH:
CREATE A SAFER AGEING SOCIETY BY 2050
FREE FROM ABUSE, HARM, EXPLOITATION AND NEGLECT.

#TAKETHEOATH

Hourglass is the trading name of Hourglass (Safer Ageing), a charity registered in England and Wales (reg. no. 1140564), and also in Scotland (reg. no. SC046276). Hourglass (Safer Ageing) is registered as a company in England and Wales under number 07200002.



Possible indicators of Psychological Abuse:

- Changes in behaviour, sleeping pattern, eating habits, toileting.
- Low self-esteem, withdrawal, depression.
- Signs of distress, becoming tearful, confused, or panicked.
- Behaviour changes when around the suspected abuser, becoming less talkative, submissive, or passive.
- The older person is being isolated from family and friends.
- Family member/Partner won't let the person be on their own with you.



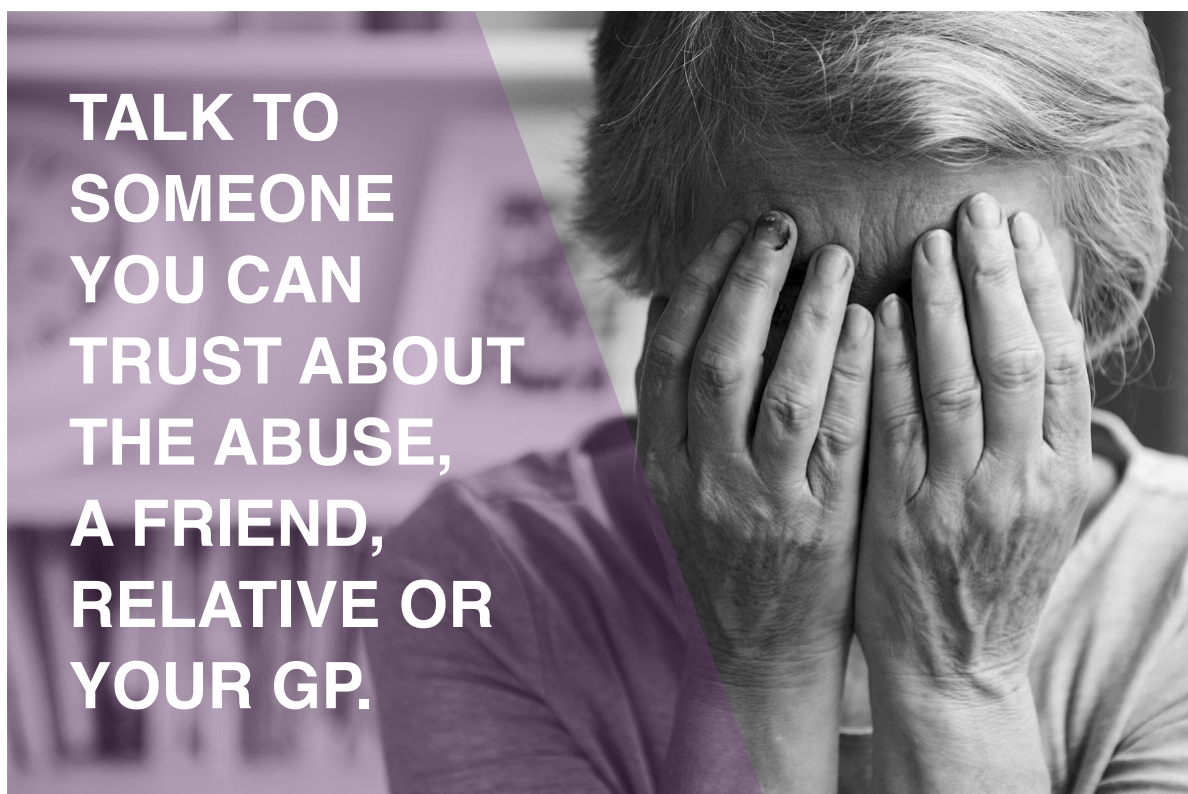
You or the victim may be feeling:

- Doubtful or question yourself or your sanity, worried that you are 'going mad'.
- Isolated, lonely, depressed.
- As though it's your fault.
- Unsure how to explain the abuse or who to tell.
- Worried that you won't be believed.
- Worried that you don't want the person hurting you to get into trouble, you just want the abuse to stop.
- Hopeless, if you have experienced a negative response from agencies before when reporting the abuse.



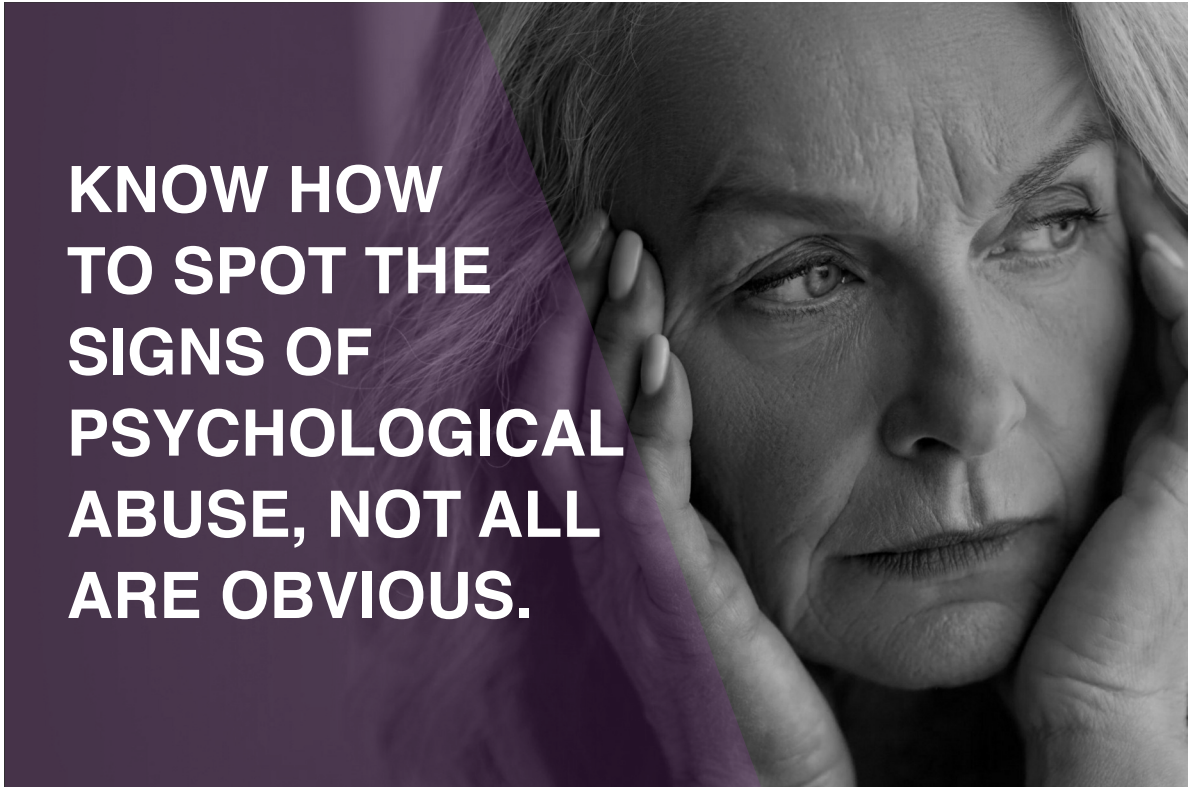
Tips and advice for you:

- Do not blame yourself, abuse is never your fault and it is not okay for someone to treat you in this way.
- Talk to someone you can trust about the abuse, a friend, relative or your GP.
- Unfortunately abuse can escalate and worsen over time so do not delay in getting help.
- Contact Hourglass for further advice and support.



Tips and advice if you are concerned about someone else:

- Know how to spot the signs of psychological abuse, not all are obvious.
- If you're worried about someone experiencing psychological abuse, and if it is safe and appropriate to do so, have an open conversation about this with them.
- It can help to let them know you're there to help, just listening to them can make a huge difference.
- Stay calm if an older person tells you they are being abused and be sensitive to the emotional impact of disclosing abuse.
- Support them to seek out the support that is needed.
- Provide Hourglass' contact details to the person you are worried about, if it is safe to do so.



**KNOW HOW
TO SPOT THE
SIGNS OF
PSYCHOLOGICAL
ABUSE, NOT ALL
ARE OBVIOUS.**

How we can support you:

Hourglass Advice and Support:

- Talk directly to a trained individual to provide emotional support, compassion. Our staff have experience with addressing complex, distressing situations.
- Free, confidential, non-judgemental advice and guidance to older victims/survivors of abuse and anyone concerned about an older person's safety and wellbeing.
- Over the phone, text, and Instant Messenger services.
- Signposting to the caller's local safeguarding and/or police, older people's services, pro-bono legal or financial support etc. for expert help as appropriate.

Hourglass Casework Domestic Abuse Support:

- Low to medium risk casework support for older people, or those supporting an older person, utilising our specialist expertise in supporting older victims of abuse.
- Community-based support, including pop-up advice and support clinics, seminars and events, and training.

Hourglass Casework (IDVA/ISVA support):

- Specialist self and group advocacy, taking account of the unique nature and dynamics of domestic abuse and sexual violence in older age.
- One-to-one and group-based peer support, to support victims of domestic/sexual abuse to recover from their experience, regain independence and build resilience.
- Community-based support, including pop-up advice and support clinics, seminars, events and training.



All our contact details can be found on the back of this brochure.

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Text message: 07860 052906

Texts from outside the UK will be charged at their standard international rate which will differ depending on location and service charges of your phone provider. The number will appear on your bill and in your phone records but will not be identified as Hourglass.

INSTANT MESSAGING service: www.wearehourglass.org

Get information from our CHATBOT - www.wearehourglass.org

Get information from our KNOWLEDGE BANK - knowledgebank.wearehourglass.org

Email: helpline@wearehourglass.org

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