

Is someone
you trust
causing you
harm?

Your say
Advocacy Tasmania

You have the right to:

- Live free of abuse and neglect and to be safe
- Be treated with dignity and respect
- Be in charge of your life, your money, and your possessions
- Make your own decisions, even if those decisions seem wrong to others
- Get help from us to sort things out!

If you are experiencing or know of somebody who is experiencing **Elder Abuse** you can contact the **Tasmanian Elder Abuse Helpline** for **support, information, and referral options**.
The service is **free and confidential!**



Contact us:



Freecall
1800 441 169



Email
helpline@yoursaytas.org



Text
0457 806 963

www.yoursaytas.org