

Holding Differently, Containing Distress Project

Raising concerns about the use of physical restraint where you live or where you work¹

If you work in Residential Child Care

You should first follow your employer's Child Protection Procedure, and the compulsory training you have received on what to do to protect a child from any type of abuse. By law, each provider needs to have a procedure in place, and if the concerns are not addressed swiftly, there should be clear escalation procedures.

The National Society for the Prevention of Cruelty to Children (NSPCC) operates a Helpline and will be able to direct you to support specific to your situation

[NSPCC Helpline | NSPCC](#)

You can also raise concerns with the Care Inspectorate when the concern applies to your employer as an organisation. To do this, contact the Care Inspectorate by filling in their [online Complaint form](#), call them on 0345 600 9527 between 09:00 - 16:00, Monday to Friday, or email them at concerns@careinspectorate.gov.scot.

If your concern is about a specific individual you need to do this through the Scottish Social Services Council

[Raising a concern with us | Scottish Social Services Council](#)

¹ Details are correct as of May 2026