

Holding Differently, Containing Distress Project

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

If you are the parent of a child or young person currently living in a residential care setting

If a child or young person is at risk of serious harm right now, call the Police on 999. You can also contact the child's local social work department. Each local authority's contact details are available at [Find social work and social care services - mygov.scot](#)

You can also make a complaint to the Care Inspectorate when you think the problem may be with the place where your child lives. You can 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.

¹ Details are correct as of May 2026