



Nottinghamshire
Safeguarding
Adults Board
Stop abuse and neglect



**SEE IT,
REPORT IT.**

COULD YOU RECOGNISE THE SIGNS OF SELF-NEGLECT?

"My marriage broke down and I started to use drink to cope. I lost my job and my home. I thought this happened to other people. **How did I end up here?**"

Signs of self-neglect could include:

- Lack of essential food, clothing or shelter
- Malnutrition and/or dehydration
- Inability or unwillingness to take medication or treat illness or injury

If you're worried about someone, or need support yourself:
Visit: www.nottinghamshire.gov.uk/abuse
Tel: **0300 500 80 80**