



Nottinghamshire  
Safeguarding  
Adults Board  
Stop abuse and neglect



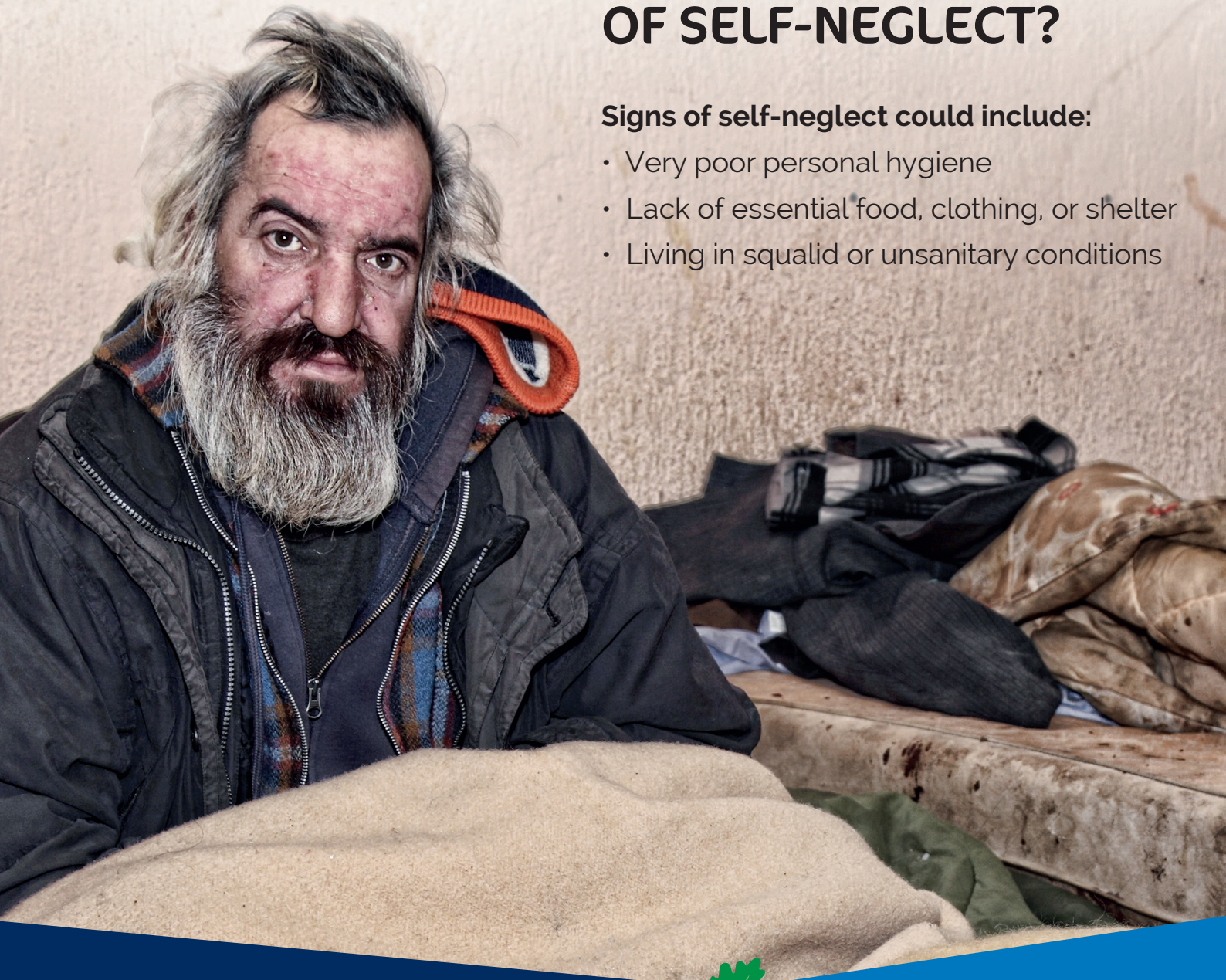
**SEE IT,  
REPORT IT.**

"My possessions are  
my family ... I'm fearful of  
throwing anything away."

## COULD YOU RECOGNISE THE SIGNS OF SELF-NEGLECT?

Signs of self-neglect could include:

- Very poor personal hygiene
- Lack of essential food, clothing, or shelter
- Living in squalid or unsanitary conditions



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