



South Tyneside  
Safeguarding Adults Board

**SELF-NEGLECT  
DON'T WALK AWAY,  
WALK ALONGSIDE.**



**Have you noticed a relative, friend, neighbour, community members who may be experiencing any of the following:**

- Deteriorating presentation or unkempt appearance
- Not caring for their personal hygiene
- Not buying gas or electric tokens
- Malnourishment / Excessive Weight Gain and Obesity
- Self Harm
- Using substances or alcohol excessively to cope
- Not collecting prescriptions
- Lack of support, lives alone with no family or friends

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## Things you can do to help:

- Start a conversation
- How are you coping at the moment?
- Find out who visits them and how often
- Do they need any help when things get difficult?
- Are they going out much?
- Listen and show you care



If you are worried about an adult,  
please ring **0191 424 6000**

(during normal office hours Mon – Thurs 8.30 – 5.00pm or Friday 8.30 -4.30pm)

or **0191 456 2093** (Evenings, Weekends and Bank Holidays.)

If the person is in immediate danger call the Police on **999**.

Learn more about Self- Neglect here

