



Nottinghamshire
Safeguarding
Adults Board
Stop abuse and neglect



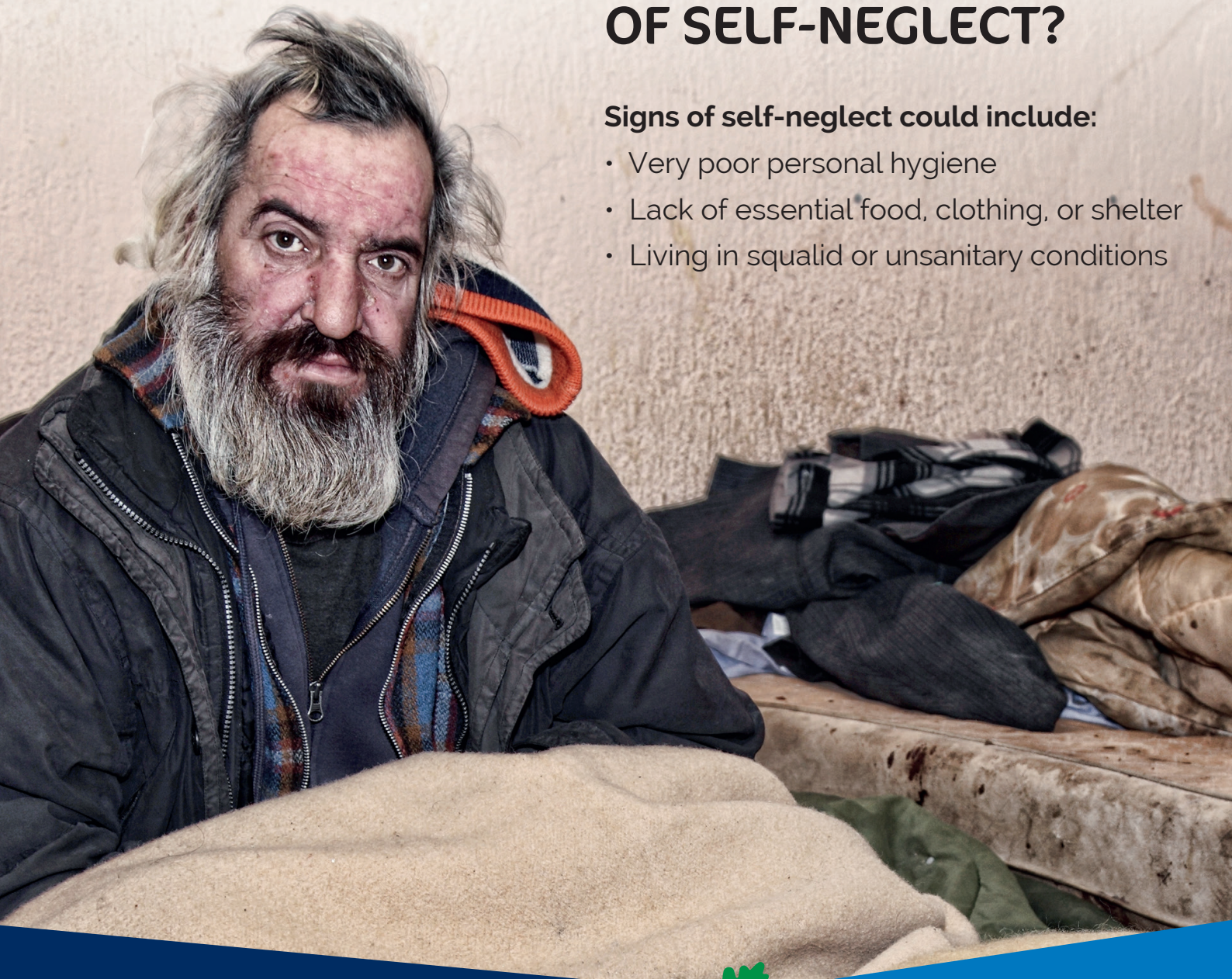
**SEE IT,
REPORT IT.**

"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
Tel: 0300 500 80 80