



**SOUTHEND
Safeguarding
Partnership**



**Essex 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
- NOT COLLECTING PRESCRIPTIONS
- SELF HARM
- USING SUBSTANCES OR ALCOHOL EXCESSIVELY TO COPE
- MALNOURISHMENT / EXCESSIVE WEIGHT GAIN AND OBESITY
- LACK OF SUPPORT, LIVES ALONE WITH NO FAMILY OR FRIENDS

SELF-NEGLECT

DON'T WALK AWAY

WALK ALONGSIDE

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



Southend Safeguarding Partnership
<https://safeguardingsouthend.co.uk/>

Essex Safeguarding Adults Board
<https://www.essexsab.org.uk/>

Thurrock Safeguarding Adults Board
<https://www.thurrocksab.org.uk/>

If you are worried about an adult

Contact your local authority area for help and advice

Southend 01702 215008

accessteam@southend.gov.uk

Essex 0345 603 7630

Textphone: 0345 758 5592

Thurrock 01375 511000

Thurrock.First@thurrock.gov.uk

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



IF YOU WOULD LIKE LEARN
MORE ABOUT SELF-NEGLECT