

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:

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

Things you can do to help:

- Start a conversation
- Ask how the person is coping at the moment
- Try to find out if anyone visits them and how often
- Ask if they need any help when things get difficult
- Ask if they are going out much
- Listen and show you care

If you are worried about an adult, please ring **0121 704 8007** from 9.00am to 5.00pm weekdays or **0121 605 6060** for the out of hours service.



In an emergency always call 999

**Solihull
Safeguarding
Adults Board**
Protecting Adults Together