



**“I saw Jack the other day, he looked like he hadn’t been taking care of himself.....**

**I’m worried about him”**

It could be a family member, your friend, a neighbour. Help and support is available.

**If you believe an adult is self-neglecting and this is causing them harm call 0300 555 0055 or use the Dudley Adults Portal: <https://adultsocialcare.dudley.gov.uk/>**

**For more information visit: <https://dudleysafeguarding.org.uk>**



**Dudley Safeguarding  
People Partnership**