

“I was struggling to cope and started hoarding. It made me feel safe. I felt in control. I knew it was getting out of hand, but I didn't know what to do, who to turn to.”

**Keith** – victim of self neglect



**Are you concerned about an adult in Gateshead?**

Please contact Adult Social Care Direct  
[www.gatesheadsafeguarding.org.uk](http://www.gatesheadsafeguarding.org.uk)  
0191 433 7033.

If it's an emergency always call 999.

