



# Safeguarding & Wellbeing

- There's a strong link between safeguarding and mental and physical wellbeing.
- If someone's wellbeing is suffering, they may consider certain actions that put them at risk.
- It's important to look after yourself. But it's just as important to look out for others.
- Learn to spot the signs that someone might not be doing so well. And don't be afraid to ask: "Are you OK?"

**#SafeguardingAdultsWeek**