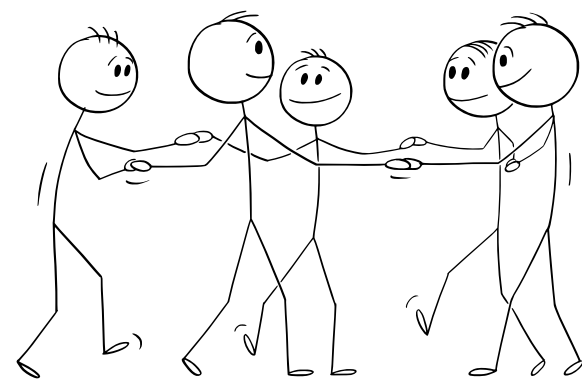


### This is Bob.

Bob knows it is important to think about his wellbeing. He does different things to keep him feeling good.

He knows that to be able to look out for others, he also needs to look after himself.



Bob likes to go to groups to meet other people. He talks to his friends and the staff there. He has a healthy lunch with them.



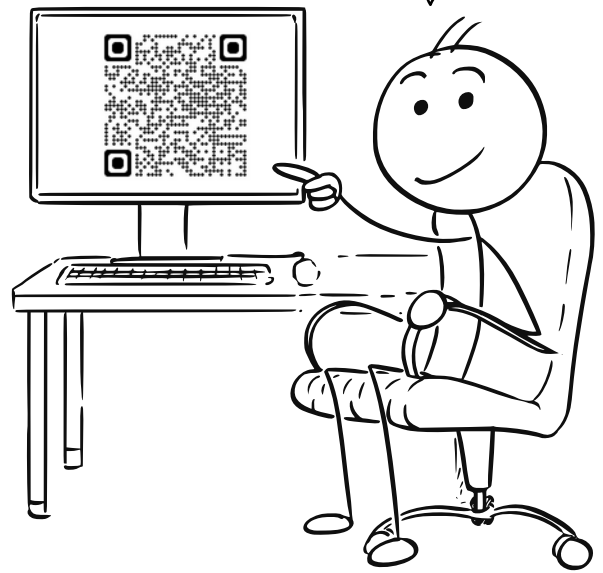
SCAN ME!



Bob knows where to find a **'Safe Place'** in his town where he can go if he is feeling unsafe or if he needs help. This could be to make a phone call home or to get directions.

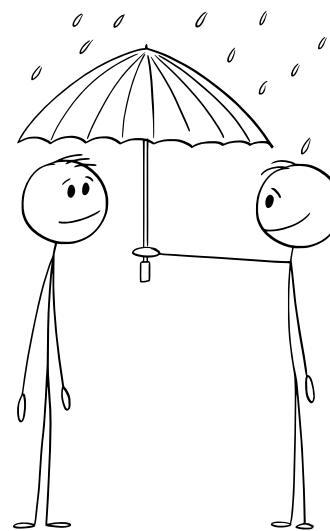
# LOOK AFTER YOURSELF LOOK OUT FOR OTHERS

Scan the QR Code



Bob uses TSAB's **'Find Support in Your Area'** to look for other services that can help him and his friends.

He knows it is ok to ask for help.



Bob looks out for himself and others. He knows that if he is worried that he or someone else is at risk of abuse or neglect he can contact his

### Local Social Care team:

- Hartlepool: 01429 523 390
- Middlesbrough: 01642 065 070
- Redcar & Cleveland: 01642 771 500
- Stockton-on-Tees: 01642 527 764
- Evenings and Weekends: 01642 524 552

Bob can also call **Cleveland Police** 101 or 999 in an **emergency**



At home Bob likes his own space. Bob likes to watch TV, cook, clean and do his hobbies. He likes to catch up and check in with friends and family by phone, text or video call.

This all helps him to feel good.



[www.tsab.org.uk](http://www.tsab.org.uk)

With thanks to Independent Voices Redcar & Cleveland for supporting with the creation of this poster.