

Neglect

Recognizing Needs That Deserve Care

Adults and teens 13+ | 10 to 15 minutes

Experiences of unmet care can affect how safe it feels to ask for help. You do not need to decide on a label or provide a detailed childhood account to explore a current need. This page focuses on what deserves attention now.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Name a concrete need

Consider food, medical access, rest, protection, emotional attention, or reliable practical help. Identify what is missing and any structural barriers. Having a need is not evidence of being demanding or incapable.

Choose a dependable next step

Look for a person or service with the role and capacity to help. Make a specific request and consider a backup if the response is unavailable or unsafe. Current concerns about a child's care need appropriate professional attention.

1. What current need has been difficult to recognize or take seriously?**2. What makes meeting it harder, including practical or access barriers?****3. Who has an appropriate role in helping, and what specific request could you make?****4. What boundary or backup would help if the first request is not met?****Clinical use and adaptation**

Assess current neglect, safeguarding concerns, and unmet material needs; follow applicable duties. Do not infer a specific childhood event from present symptoms or require gratitude toward caregivers. Offer concrete service support rather than only reframing.