

Safeguarding Children During Lockdown

During COVID-19, we must ALL LOOK OUT FOR EACH OTHER and make sure we safeguard EVERYONE!

Top Tips During COVID-19

IF YOU'RE WORRIED ABOUT YOURSELF or SOMEONE ELSE...

TALK TO A TRUSTED ADULT

SEEK HELP AND SUPPORT IF YOU NEED IT

KEEP IN TOUCH WITH YOUR FRIENDS & FAMILY

IF YOU'RE FEELING FRIGHTENED IN YOUR HOME BECAUSE OF SOMEONE'S BEHAVIOUR, CONTACT SUPPORT BELOW

LOOK OUT FOR YOUR FRIENDS...IF YOU'RE CONCERNED TELL SOMEONE

WHERE CAN I FIND SUPPORT?

There are lots of different ways you can get help if you are worried about yourself, your friends or your family:



Text the YoungMinds Crisis Messenger for free 24/7 support across the UK
Text YM to 85258

YOUNGMINDS
Crisis Messenger

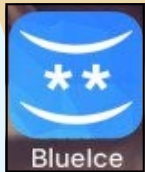


Solent

Hampshire & IOW Children and Young People Crisis Line

Monday - Thursday - 3.00pm-8.30pm

Freephone: 0300 303 1590



NSPCC

childline

ONLINE, ON THE PHONE, ANYTIME

Childline.org.uk - Chat with an online councillor or access 'Calm Zone'

www.nspcc.org.uk

Call **0800 1111** for Advice and Support



NHS Mental Health Triage Service
You can call 111 Speak to the NHS Mental Health Triage Service

NATIONAL DOMESTIC VIOLENCE HELPLINE

0808 2000 247

24/7 CONFIDENTIAL FREEPHONE