

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

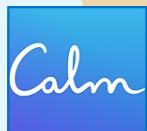
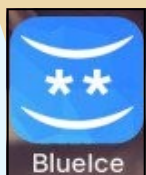


Solent

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