Safeguarding Children During Lockdown

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

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

Top Tips During COVID-19

FRIGHTENED IN YOUR
HOME BECAUSE OF
SOMEONE'S
BEHAVIOUR, CONTACT
SUPPORT BELOW

TALK TO A
TRUSTED
ADULT

SEEK HELP
AND SUPPORT
IF YOU NEED
IT

KEEP IN TOUCH
WITH YOUR
FRIENDS & FAMILY

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

<u>Childline.org.uk</u> - Chat with an online councillor or access 'Calm Zone' <u>www.nspcc.org.uk</u>

Call 0800 1111 for Advice and Support



NHS Mental Health Triage Service

You can call 111

To speak to the NHS Mental Health Triage HAMPSHIRE DOMESTIC ABUSE SERVICE

03300 165 112

Recognise it seek help

Monday to Thursday—9.30am to 5.30pm Friday—9.30am to 5pm





