

# Safeguarding Children During Lockdown

During COVID-19 we must all look out for each other!

If you're worried about yourself or someone else...

talk to a trusted adult

## Top tips during Covid-19

Seek help and support if you need it

Keep in touch with your family and friends

Look out for your friends... if you're concerned, tell someone

If you're feeling frightened in your home because of someone's behaviour, contact support services below

## 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:



**YOUNGMINDS**  
Crisis Messenger

YoungMinds Crisis Messenger (free)

Text YM to 85258



Solent

Hampshire & IOW Children and Young People  
Crisis Line

Monday - Thursday - 3.00pm-8.30pm

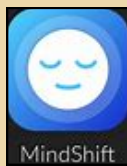
Freephone: 0300 303 1590



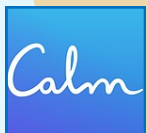
Blueice



HEADSPACE



MindShift



Calm



Apps



thinkninja

**NSPCC**

**childline**

ONLINE, ON THE PHONE, ANYTIME

Childline.org.uk - chat with an online counsellor or access 'Calm Zone'

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

Call 0800 1111 for Advice and Support



Call 111 to speak to the NHS Mental Health Triage

**HAMPSHIRE DOMESTIC ABUSE SERVICE**

Recognise it. Seek help.

Call 03300 165 112

Mon to Thurs: 9.30 - 5.30pm

Fridays: 9.30am to 5pm