

Top Tips During COVID-19

yourself or someone else...
Talk to a trusted adult

Seek help and support if you need it

Keep in touch with your friends and family

Look out for your friends... if you're concerned

frightened in your home because of someone's behaviour,
contact support 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:



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

YOUNGMINDS Crisis Messenger



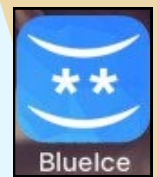
for better mental health

Solent

Hampshire & IOW Children and Young People Crisis Line

Monday - Thursday - 3.00pm-8.30pm

Freephone: 0300 303 1590



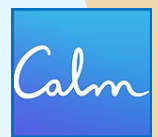
Bluelice



HEADSPACE



MindShift



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

NATIONAL DOMESTIC VIOLENCE HELPLINE

0808 2000 247