

# 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

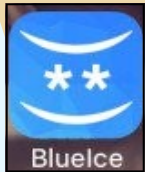


Solent

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**

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