



# Safeguarding Children During Lock-down



During



Covid-19



we



must



all

look

out for



each other..



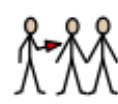
If you



are worried



about



yourself or



someone else



or



You



are feeling



frightened



in



your



home,



you can



• Talk to

an



adult



you



trust



• Keep



in



touch



with



your



friends



and



family

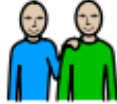


• Look

out for



your



friends



• Get



help



and

support



if you



need it

Who can I ask for help?



# YOUNGMINDS

fighting for young people's mental health



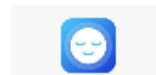
Monday - Thursday 3.00 pm - 8.30 pm



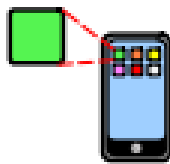
Freephone: 0300 303 1590



Blueice



mindshift



Apps



Think Ninja

Who can I ask for help?

childline 

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

NHS Mental Health Triage Service



National



domestic



violence

0808 2000 247

**NATIONAL DOMESTIC VIOLENCE HELPLINE**  
**0808 2000 247**  
24/7 CONFIDENTIAL FREEPHONE



confidential



freephone



Hampshire  
**Safeguarding**  
**Children**  
Partnership

