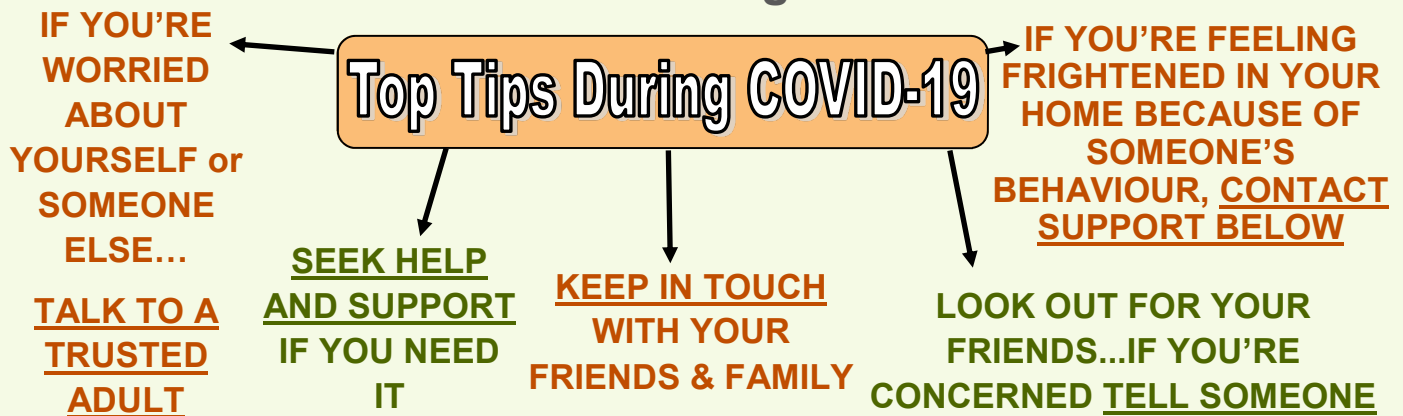


# Safeguarding Children During Lockdown

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



## 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** Speak to the NHS Mental Health Triage Service

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