

Children and Young people – keeping you safe in your home and online

These are difficult times. You may be feeling anxious or feeling unsafe in your home. Here are some people you can talk to or places you can go to for support and advice.

ChildLine is a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. They are there for you online and on the phone

Call Child line on: 0800 1111

(open from 9am each day for calls and [1-2-1 counsellor chats](#))



Child line can also offer advice about how to ask for help:

[Asking an adult for help](#)

Are you worried about what is happening in your family? Are there arguments or violence at home? Go to www.thehideout.org.uk for advice and guidance and [watch this video to find out about what domestic abuse is.](#)

CAMHS Helpline – CAMHS have set up a **mental health helpline** that you can call 24 hours a day, seven days a week, offering advice, guidance and support

9am – 5pm on a weekday 01865 903777

5pm – 9am on a weekday or on weekends 01865 901000

Young Minds can also offer **help with anxiety and mental health**, including if you are struggling with the impact of coronavirus.

The Samaritans can be contacted at any time and you can talk to them in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal. **Call anytime, day or night 116 123.**

SAMARITANS

Staying safe online

You are likely to spending more time on line than usual. Keeping yourself safe on line is really important. Here are places you can go for advice and to report something you are worried about online.

CEOP help children stay safe online. Has someone acted inappropriately towards you online, or to someone you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up.

You can report it here: <http://www.ceop.police.uk/Safety-Centre/>



Thinkuknow has advice for all ages about staying safe on your phone, tablet or a computer – have a look