

Safeguarding Resources

National Domestic Violence Helpline: 0808 2000 247 <https://nationaldahelpline.org.uk/>

NSPCC helpline: 0808 800 5000 If you're worried about a child, even if you're unsure, contact NSPCC professional counsellors for help, advice and support.

Childline: 0800 1111 Offers free, confidential advice and support for any child 18 years or under, whatever the worry.

MIND: Mental Health Support with specific advice on 'Coronavirus and your wellbeing'. www.mind.org.uk

YoungMinds: Supporting children and young people and their parents/carers with their mental health and wellbeing. Specific advice on managing self-isolation and anxiety about coronavirus. <https://youngminds.org.uk>

SafeLives: Specific resources for domestic abuse and COVID-19. <http://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

IRISi interventions: irisi.org/iris/find-your-local-iris-site/

ICON: During this challenging time stress levels at home may be increased. Please follow the ICON guidance for coping with crying. [Click here for more information](#)

TEWV Crisis Team: Anyone of any age in mental distress, including children and older adults, can now contact their local crisis service on Freephone – 08000 516171. Open 24 hours a day, seven days a week, callers, including those with learning disabilities and / or autism, are offered a series of options which will divert them to their local crisis service. For more info please visit: www.tewv.nhs.uk/crisisadvice