

Safeguarding information for children/adults/families who are struggling or potentially suffering abuse or neglect.

- **National Domestic Violence Helpline:** 0808 2000 247
<https://www.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>
- **ICON:** Babies cry: You can cope. <http://iconcope.org/>
- **SafeLives:** Specific resources for domestic abuse and COVID. <http://safelives.org.uk/news-views/domesticabuse-and-covid-19>
- **IRISi:** interventions: <https://irisi.org/iris/find-your-local-iris-site/>