

Safeguarding help and support



If you need help and support over the Christmas period...



... there is a lot available and you are not alone. The most important thing is to speak to someone and let them know if you feel anxious, worried, upset or need some support.

You can find up-to-date information and help on the following websites:

- Childline - <https://www.childline.org.uk/info-advice/your-feelings/>
- Young Minds - <https://youngminds.org.uk/blog/what-to-do-if-you-find-christmas-difficult/>
- The Mix - <https://www.themix.org.uk/sex-and-relationships/family-life/christmas-your-relationship-survival-guide-38639.html>
- The Children's Society - <https://www.childrensociety.org.uk/information/young-people/well-being/resources>

You can also get support by text, by contacting:



- The Mix Crisis Messenger service - text THE MIX to 85258
- YoungMinds Crisis Messenger - text YM to 85258

Or you can speak to someone by calling:



- Childline on 0800 1111
- The Mix helpline on 0808 808 4994

For mental health support you can contact:

- Young Minds - <https://youngminds.org.uk/find-help>
- The Mix - <https://www.themix.org.uk/get-support>
- Remploy - T: 0300 456 8114
- Self Harm UK - <https://www.selfharm.co.uk>

If you or someone you know is having suicidal thoughts or feelings, you can contact Hopeline UK on 0800 068 4141 or the Samaritans on 116 123, or follow this link to the Papyrus website - <https://papyrus-uk.org/>.

If you need to speak to someone about abuse, call Childline on 0800 111 or the National Domestic Abuse Helpline on 0808 200 0247.

If an emergency, please contact the emergency services on 999

Stay safe and well