



Getting help and support during the Covid Lockdown

As we find ourselves facing another lockdown situation, it is essential that we look after ourselves and our families during these difficult times. Below is a short list of support services and helplines that are available to you and your family in addition to the support services we provide at Westhaven.

Thinkuknow: NCA-CEOP's online service Thinkuknow has information and advice for children, parents and carers related to online safety and sexual exploitation. The site is structured so that children can access age-appropriate information, find out how to respond to the issue they're experiencing and, if necessary, contact NCA-CEOP, and it also has worksheets parents can use with their children at home.

<https://www.thinkuknow.co.uk/>

Childline: Anyone who's 19 years or younger can get in touch with Childline to talk about any problem they're facing – online or otherwise. Normally, the service is 24/7 but due to the COVID-19 outbreak, counsellors are available from 9am to midnight either on the phone (0800 1111) or via 1-2-1 online chat. www.childline.org.uk/

Mind: The charity Mind offers free support for anyone suffering from mental health-related issues. If you need advice or signposting to an appropriate support service you can get in touch with Mind by phone (0300 123 3393) or email (info@mind.org.uk).

www.mind.org.uk/

YoungMinds: YoungMinds is the UK's leading mental health charity for children and young people. Through its website, young people and their parents can access a wealth of resources to help them respond to mental health challenges and get help. If you're concerned about your child's mental wellbeing, they also have a parent hotline you can call on 0808 802 5544, where you'll get advice on how to tackle the issue.

[www.youngminds.org.uk/](http://youngminds.org.uk/)

NSPCC: The NSPCC website has a wealth of information for parents and carers, from talking to anxious children about the virus, to supporting SEND children.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

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