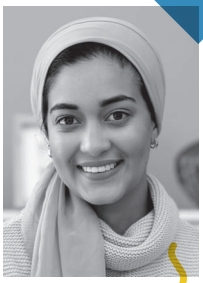

STAY SAFE AT HOME






STAY SAFE AT HOME





How are you doing?

If you, or your family are having a hard time at the moment, you are not alone. There are many ways to get help.

How to keep your child safe

Young people may be spending a lot more time online. Do you know who your child is talking to?

For online safety advice for children and parents visit **www.thinkuknow.co.uk**

If young people see something criminal online (or offline) they can report it 100% anonymously at **www.fearless.org**

If you're concerned about the safety of a child or young person call **0300 470 9100 (01483 517898 out of office hours)** to speak to the specialist team at Surrey Children's Single Point of Access.

Mental health

Social distancing and isolation will be hard for many people. For tips on mental wellbeing and to access specialist support locally visit **www.healthysurrey.org.uk/mentalwellbeing**

You can also get help from Mind. Visit **www.mind.org.uk**, call **0300 123 3393** or text **86463**.

If you, or someone you know is in crisis visit **www.samaritans.org** or call them on **116 123**.

Young people who are feeling particularly anxious or depressed can visit **www.kooth.com**

At home shouldn't mean at risk

If you are feeling frightened in your home because of someone's behaviour, the Surrey Domestic Abuse Helpline is open 9am to 9pm, 7 days a week; **01483 776822** or visit **www.surreyagainstda.info**

If you are in immediate danger call the Police on **999**. If you can't talk out loud the police operate a Silent Solution, call **999 and then press 55**.

Children and young people who don't feel safe at home can get help from Childline, call **0800 1111** or visit **www.childline.org.uk**

Stay Safe. #SurreyTogether

SURREY COUNTY COUNCIL

SURREY POLICE