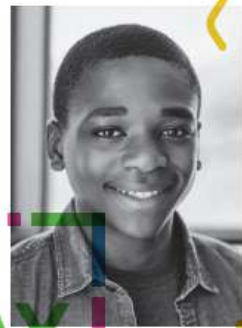




**STAY  
SAFE  
AT  
HOME**



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## 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](http://www.thinkuknow.co.uk)

If young people see something criminal online (or offline) they can report it 100% anonymously at [www.fearless.org](http://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](http://www.healthysurrey.org.uk/mentalwellbeing)

You can also get help from Mind. Visit [www.mind.org.uk](http://www.mind.org.uk), call **0300 123 3393** or text **86463**.

If you, or someone you know is in crisis visit [www.samaritans.org](http://www.samaritans.org) or call them on **116 123**.

Young people who are feeling particularly anxious or depressed can visit [www.kooth.com](http://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](http://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](http://www.childline.org.uk)

**Stay Safe. #SurreyTogether**

