

Support for children, young people and families

Please see below for a range of support options, should you find yourself isolated or unable to access the right kind of help or support during the COVID-19 situation.



ChildLine

[HTTP://WWW.CHILDLINE.ORG.UK](http://www.childline.org.uk)

Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. They are here for you online, on the phone, anytime.



Police

[HTTP://WWW.POLICE.UK](http://www.police.uk)

Do you think a crime has been committed? Your local police force will be able to help you.



NHS Choices

[HTTP://WWW.NHS.UK/NHSENGLAND/ABOUTNHSSERVICES/MENTAL-HEALTH-SERVICES-EXPLAINED/PAGES/ACCESSING%20SERVICES.ASPX](http://www.nhs.uk/nhsengland/aboutnhservices/mental-health-services-explained/pages/accessing%20services.aspx)

Mental health services are free on the NHS. Click here to find out more about the services available to you.



Report Abuse

[HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE](https://www.ceop.police.uk/safety-centre)

CEOP help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it here.



Kooth

[HTTPS://WWW.KOOTH.COM](https://www.kooth.com)

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.



Samaritans

[HTTP://WWW.SAMARITANS.ORG/ABOUT-US](http://www.samaritans.org/about-us)

You can talk to the Samaritans, in your own way, and off the record – about whatever is getting to you. You don't have to be suicidal.



Pinpoint

[HTTPS://WWW.PINPOINTDEVON.CO.UK/PARENTS-AND-FAMILIES](https://www.pinpointdevon.co.uk/parents-and-families)

A huge catalogue of help and support for parents and families.