



**Are you feeling unsafe because of something that is happening at home?**

## **Do you wish you had someone to talk to?**

We are all worried about the Coronavirus, but sometimes things at home might be worrying you too.

If you feel unsafe and need to tell someone, this is what you can do:

## **Feeling sad, worried or alone?**

### **You can:**

**Talk to an adult you trust who will listen and help you; call or email them.**

**Contact your teacher or school.**

They are always there to listen and help.

**Contact Childline**

They listen and help children.

Call, chat online or email them.

[www.childline.org.uk/kids](http://www.childline.org.uk/kids)

