

What can I do if I feel unsafe when I am at home during lockdown?



This depends whether it falls into one of two categories:

Category A- Urgent and I am at risk of harm

- 1- Contact the Emergency Services using 999
- 2- If you have an external support worker (social worker, CAMHS worker, youth worker etc), then contact them and explain your concern and they will be able to help you

Category B- Not Urgent but I do need some support

- 1- If you have an external support worker (social worker, CAMHS worker, youth worker etc), then contact them and explain your concern and they will be able to help you
- 2- Sign up to any of the following websites which will provide live chat with trained counsellors for support:
 - a. <https://www.kooth.com/>
 - b. <https://your-way.org.uk/>
 - c. https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/?gclid=EAlaIQobChMI_KjWjqSF7gIVD5ntCh3nBwehEAAAYAiAAEgLkYfD_BwE
 - d. <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>
 - e. https://giveusashout.org/get-help/?gclid=EAlaIQobChMI_KjWjqSF7gIVD5ntCh3nBwehEAAAYBCAAEgLiW_D_BwE
- 3- Email your tutor or a trusted adult at school- their email addresses can be found here <https://poltairschool.co.uk/files/Email-contacts-for-staff.pdf> and explain your concern and they will get in contact and help identify your support.