



## **Things can seem really difficult when times are tough but you are not on your own**

### **Here is some useful advice and numbers if you need to talk to someone or you are worried about anything**

**If you are a child who is suffering from harm, neglect or abuse or are worried that another child may be suffering you can:**

- Talk to someone outside your family that you trust like a teacher, school nurse, police officer or other person in authority. You can contact school during the day on [info@prescotschool.org.uk](mailto:info@prescotschool.org.uk) or ring 0151 477 8680.
- Contact the MASH Team on 0151 443 2600 and speak to someone from Social Care. A Social Worker works for the government and their job is to help you if you need to be protected from harm.
- Contact Merseyside Police on 101 (24 hour non-emergency number). In an emergency always dial 999. It is the Police's job to protect you from harm and stop crimes being committed against you or other children.
- Contact Child Line. Child Line is a private and confidential service for children and young people up to the age of 19. You can contact a Child Line counsellor about anything -no problem is too big or too small. Call free on 0800 1111, have a 1-2-1 chat online or send an email.

**There is lots of information on the following websites:**

- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Child Line: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- And don't forget, our website [www.prescotschool.org.uk](http://www.prescotschool.org.uk) also has lots of information about wellbeing for you to look at.