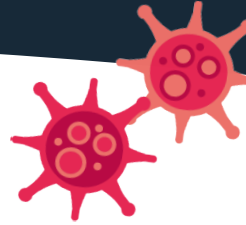


Help is here

There have been lots of changes to our lives because of coronavirus.

Perhaps you can't go to school to see your friends and teachers, or see relatives you normally chat to. If you are going to school, things could be very different to how they were.



Feelings

It is really normal to feel sad or confused about coronavirus.

You might be worried about coronavirus or about something else. It doesn't matter how big or small your worry is; it is important to talk to someone, your parent or carer, or another adult you trust.



You can also find lots of helpful information at:

[youngminds.org.uk](https://www.youngminds.org.uk)

[mind.org.uk/information-support/
for-children-and-young-people](https://www.mind.org.uk/information-support/for-children-and-young-people)

or text York Mind on **07483 167931** to speak to an advisor.

Safety

If you feel unsafe or are worried about the safety of another child you can contact the Young People's Information Service:

Telephone **01904 555400** (Mon - Fri 10am - 4pm)

email **fis@york.gov.uk** or text **07624 802244**

Or call Childline on **0800 1111**

If you or another child are in immediate danger, call the police on **999**

Health

School nurses can help with information and advice about health, including emotional health:

01904 555475 or **[yor-ok.org.uk/families/5-18 years old](http://yor-ok.org.uk/families/5-18-years-old)**

If you need urgent health advice please contact your GP or call NHS **111**

Going online

Get advice about keeping safe online at

thinkuknow.co.uk

General information and advice

Find information about local support and services at **yor-ok.org.uk**

