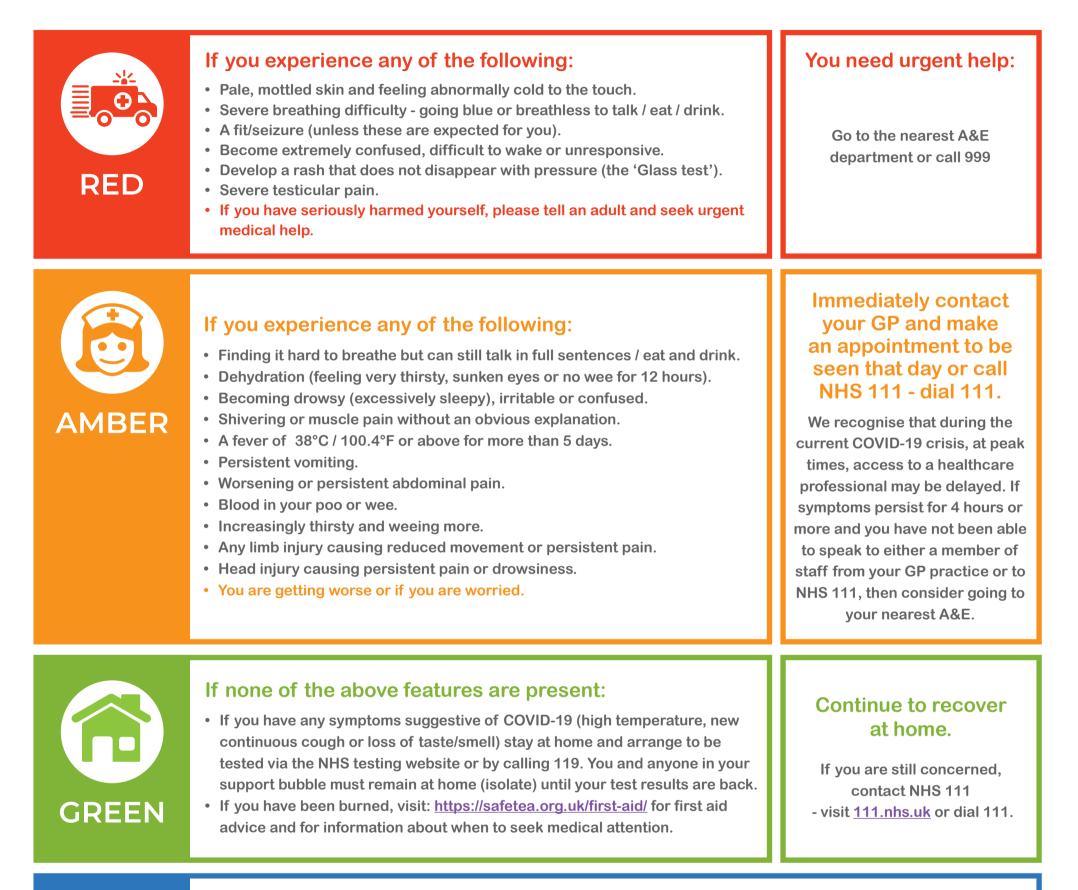
Advice for young people during coronavirus

It can be confusing to know what to do when you are unwell during the coronavirus outbreak. Remember that the NHS is still providing safe care.

GP practices and hospitals have made changes to help reduce the risk of infection. Please follow government guidance - keep washing your hands regularly, wear a face covering in enclosed spaces and maintain social distancing.

Remember: if you are unwell, seek advice and medical attention. Here is some advice to help:





If you're feeling extremely distressed, or are experiencing suicidal teelings:

- Call 24/7 Mental Health urgent helplines, visit: <u>https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-</u> services/where-to-get-urgent-help-for-mental-health/
- Call Papyrus Hopeline UK on 0800 068 4141.
- Text SHOUT to 85258 the Crisis Messenger for free 24/7 support.
- Call Samaritans on 116 123 (freephone) they will listen to you.

If you're worried about your mental health, talk with a trusted adult or seek guidance from your local GP, YoungMinds (visit https://youngminds.org.uk), Every Mind Matters (visit https://www.nhs.uk/oneyou/every-mind-matters) or call 0800 1111 for Childline.





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