

Is lockdown making you worried or sad?

Family finding it tough?

Nervous about going back to school?

There's somewhere safe to get help and support.

Call us free on 0800 157 7015

We're there 9am-9pm Monday to Friday, and 10am-6pm at weekends.

Or visit [barnardos.org.uk/c19](https://www.barnardos.org.uk/c19)



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WITH

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children**
 **Barnardo's**