



Children and Young People across Tameside are making lots of safer choices as part of the Child Voice Strategy.

During Covid-19 we know things can be tough. If something is making you feel unsafe or you are worried you can:

- ◆ Speak to an adult that you know
- ◆ Contact the Early Help Access Point - 0161 342 4260 or go to <https://www.tameside.gov.uk/earlyhelp/neighbourhoods>
- ◆ Contact Childline - 0800 1111
- ◆ Ring the Police on 999 if you or your family need immediate help



Tameside
Metropolitan Borough

NHS
Tameside and Glossop
Integrated Care
NHS Foundation Trust



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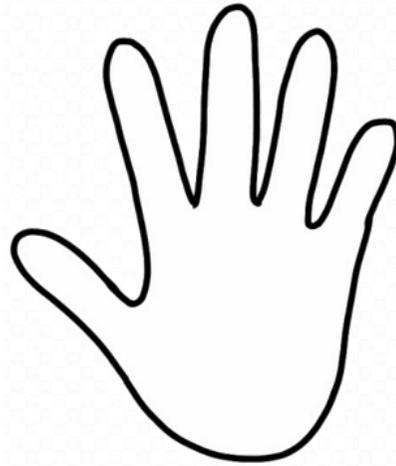
Lets make a safer move!

Write in and colour this handprint in any way you like.

Fill the fingers and thumb with up to 5 people or places you can turn to if you are feeling worried or unsafe.

This might include the phone numbers we suggested, family members or neighbours.

Remember to include their contact details and then put the postcard somewhere safe!



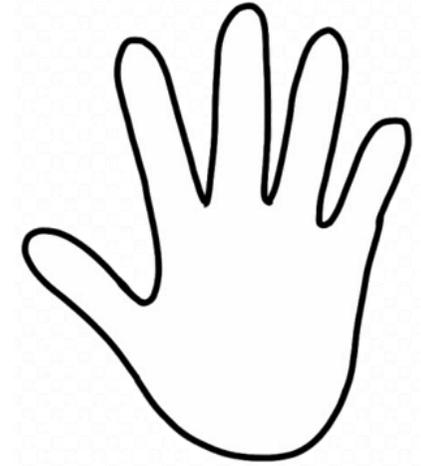
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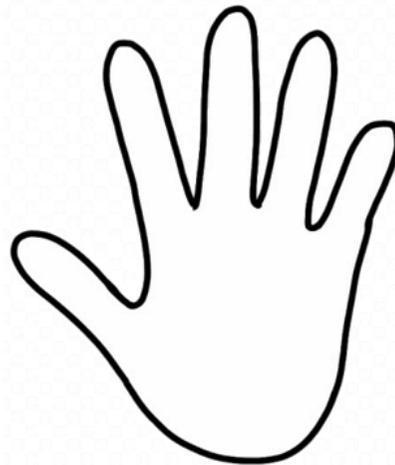
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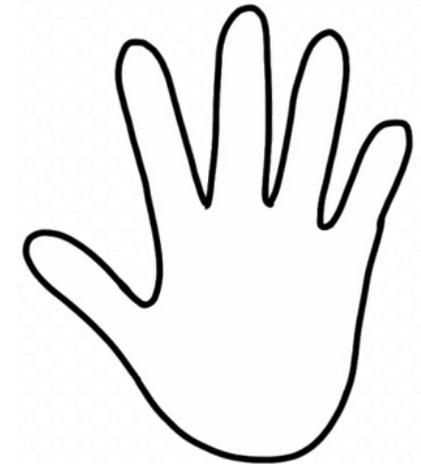
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