



If things are ok, but sometimes you notice your parents are not happy or you feel sad, you can:

- Speak to a person you trust, this might be family or a worker that helps you.
 - Contact Tameside Youth Services
www.tameside.gov.uk/youthservices

The staff are really friendly and helpful, they will talk about places you can go to have fun.

- Go to the Early Help Website and see what services can help you:
<https://www.tameside.gov.uk/earlyhelp/neighbourhoods>

- Early Help Access Point on 0161 342 4260 or at

<https://www.tameside.gov.uk/Early-Help/Parent-Carer/The-early-help-access-point>

Lots of services are available to help and support with whatever is going on for you right now.

- Contact Kooth - An online counselling and emotional well-being website for children and young people. You can speak to them through your mobile, tablet and desktop and its free
<https://www.kooth.com/>
- Contact 'The Hive' on 0161 330 9223. The Hive is a safe space and has people you can talk to about what is making you sad, angry or upset.
 - Contact 'The Anthony Seddon Fund' on 0161 637 9256 or at
<https://tasfund.org.uk/>
- Contact Off the Record on 0161 355 3553. Off the Record help with counselling. If you are 10 years old or older, they will support you with how you are feeling.
www.42ndstreet.org.uk

Things might be ok for you right now, but if you ever feel upset or sad or you are worried about your parents, why don't you have a look in the Amber and Red sections so that you have the help and advice should you need it.



If things are worse than usual and your parents are arguing and you feel you need to talk to someone but this doesn't need to be straight away, you can:

- Speak to the person you trust the most, this might be family or a worker that helps you.
 - Call Childline on 0800 1111 or at <https://www.childline.org.uk/>
 - Early Help Access Point on 0161 342 4260 or at <https://www.tameside.gov.uk/Early-Help/Parent-Carer/The-early-help-access-point>
- Lots of services are available to help and support with whatever is going on for you right now.
- Contact Kooth - An online counselling and emotional well-being website for children and young people. You can speak to them through your mobile, tablet and desktop and its free. <https://www.kooth.com/>
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- Contact Off the Record on 0161 355 3553. Off the Record help with counselling. If you are 10 years old or older, they will support you with how you are feeling. www.42ndstreet.org.uk
 - Go to the Early Help Website at to see what services can help you: <https://www.tameside.gov.uk/earlyhelp/neighbourhoods>
- Contact CEOPS - there to help if you have been a victim of sexual abuse online or you are worried this is happening to someone you know. <https://www.ceop.police.uk/safety-centre/>

Don't be afraid to ask for help, there are lots of people who can support you. Maybe you could come up with a plan of the five people you will contact if you are feeling sad, angry or upset and things happening at home are making this worse.



If you are very worried about your parents arguing and you feel unsafe or afraid, or you need help straight away, you can:

- Call Childline on 0800 1111 or at <https://www.childline.org.uk/>
- Contact Children's Social Care on 0161 342 4101 or at <https://www.tameside.gov.uk/socialcare/children/contacting>
- Call the police 999 – if you don't want to make a noise when you ring, you can dial 999 then 55 and they will help you silently.

If you think this might happen, why don't you plan who you can speak to when things get worse for you.

Use this page to help you plan:

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!



(Full page version overleaf)

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