



# COVID-19 STAYING AT HOME SUPPORT FOR YOUNG PEOPLE AND THEIR FAMILIES

## LIVING TOGETHER

Following the recent government advice that we should all stay inside, we understand that being at home for a long a period of time can be difficult and that current restrictions due to the Covid-19 virus can put a lot of pressure on family relationships.

We also know that this is a worrying time for many young people and their families and it can be difficult to get help and support from friends and other family members at the moment.

If things are getting difficult at home and you are struggling with the relationships you have with those around you, we encourage you to get some help and support. There are a number of options available to help you and others in your family and we encourage you to seek advice and support as soon as possible.

School safeguarding leads are still able to support students and their families during the school closure period.

Remember, you should always call **999** if anyone is in immediate danger.

## HOW WE CAN HELP

Depaul UK have a range of services across Greater Manchester to support young people and their families throughout this challenging time. We keep up to date with government guidance to ensure the safe delivery of all of our services. Supporting social distancing, we provide the majority of our services remotely.

## RECONNECT GM

**Reconnect GM:** We offer young people aged 11-25 and their families, support, advice & guidance to help improve relationships with each other and reduce arguments and conflict in the home.

**Email:** [familysupport.GM@depaulcharity.org.uk](mailto:familysupport.GM@depaulcharity.org.uk) or call **0161 5073414**

**Oldham Reconnect:** We offer support to young people aged 15.5-25 who live in Oldham to prevent homelessness. We offer formal mediation, advice & guidance to help improve relationships at home and stay together.

**Email:** [oldham.reconnect@depaulcharity.org.uk](mailto:oldham.reconnect@depaulcharity.org.uk) or call **07971759140 Monday to Friday 9am till 5pm.**

## NIGHTSTOP GM

**Nightstop GM** offers emergency accommodation for young people at risk of homelessness aged 16-25 in the spare room of trained and vetted volunteer hosts. We may also be able to offer respite accommodation.

**Email:** [nightstop.gm@depaulcharity.org.uk](mailto:nightstop.gm@depaulcharity.org.uk) or call **0161 5073414**

# OTHER SUPPORT AVAILABLE

## ALBERT KENNEDY TRUST

AKT supports lgbtq+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment.

[www.akt.org.uk](http://www.akt.org.uk)  
Phone: 0161 228 3308

## CHILDLINE

Childline is yours – a free, private and confidential service where you can talk about anything.

Because of the coronavirus, you can currently only speak to a Childline counsellor online or on the phone from 9am – midnight. **Phone: 0800 1111**

## RUNAWAY HELPLINE

Runaway Helpline is there for young people who are thinking about running away, if you have already run away, or if you have been away and come back.

[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)  
Phone or Text: 116 000

## KOOTH

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

[www.kooth.com](http://www.kooth.com)

## CORONAVIRUS (COVID-19) WHAT YOU NEED TO DO

Remember, you can still spread the virus even if you don't have symptoms. Visit the official government website for accurate up to date guidelines.

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

If you think you have any symptoms, or for general health advice on the coronavirus, please visit the official **NHS** website.

[www.111.nhs.uk/covid-19](http://www.111.nhs.uk/covid-19)

**STAY AT HOME** 

**PROTECT THE NHS** 

 **save lives**

