



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 London 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.

NIGHTSTOP LONDON

Nightstop London 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.London@depaulcharity.org.uk or call: 020 7278 4224 (Select option 1)

HOUSING ADVICE

We offer housing advice and support to young people age 16-25 by working with a wide range of partner organisations. This includes advice and support for issues with current accommodation, housing options, income or debt difficulties and accessing benefits.

Email: ALSHousingAdvice@depaulcharity.org.uk or call: 020 7278 4224 (Select Option 2)

MIND CONNECT (COUNSELLING SERVICE)

We offer 12 free counselling sessions with a volunteer counsellor for young people age 12-25. These are currently conducted through online or telephone sessions.

A young person does not need to have housing problems to access this service.

Email: ALSMindConnect@depaulcharity.org.uk **or call:** 020 7939 1255/07989403305

FAMILY MEDIATION

We offer young people aged 16-25 and their families, support, advice & guidance to help improve relationships with each other and reduce arguments and conflict in the home.

Email: ALSFamilyMediationService@depaulcharity.org.uk **or call:** 020 7278 4224. **Select option 2**

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
Phone: 020 7831 6562

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
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

SHELTER

Shelter's free housing advice helpline is open 7 days a week from 8am-8pm weekdays and 8am-5pm at weekends. You can also contact their expert housing advisors online.

Phone: 0808 800 4444

CENTREPOINT

We offer advice to anyone in England aged 16-25. Call us Monday to Friday between 9am-5pm. We can also help people worried about a young person they know.

0808 800 0661

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

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

**STAY AT
HOME** 

**PROTECT
THE NHS**

 **save
lives**

