



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 the North East 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 NORTH EAST & CUMBRIA

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

Nightstop North East - Call: 0191 253 6164 or Email: nightstopne@depaulcharity.org.uk

Nightstop Cumbria- Call: 07958 447477 or Email: NightstopCumbria@depaulcharity.org.uk

RECONNECT NE

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.

Call: 07966743248 or Email: Reconnect.NE@depaulcharity.org.uk

POSITIVE PATHWAYS

The Positive Pathways project reaches out to some of the most vulnerable people in Middlesbrough. We work with a wide range of people, of all ages, including those experiencing multiple and complex needs: homelessness, substance and alcohol misuse, offending behaviours, loneliness, isolation and poor mental health.

We are calling our clients every week to provide support over the phone but it could be more often if the client feels that they need that. We listen to them, no judgement, no pressure, and help them work through what is on their mind. Some of our service users have reduced social networks so the phone call is an opportunity to talk to someone helping to reduce social isolation. If they need advice or specialist support for a specific issue, such as a benefits, domestic abuse or food banks, we will put them in contact with other services that can help.

Call: 01642 249 782 or Email: Positive.Pathways@depaulcharity.org.uk

OTHER SUPPORT AVAILABLE

STREETWISE NEWCASTLE

Free and confidential advice, counselling, sexual health and support services for young people aged 13-25.

www.streetwisenorth.org.uk
Phone: 0191 230 5400

GATESHEAD ADVICE CENTRE

Free, independent and confidential advice on a wide range of issues including: Debt, Benefits, Housing, Employment, Family Law & Community Care.

www.gatesheadcab.org.uk
Phone: 0344 245 1288

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.runawayhelpine.org.uk
Phone or Text: 116 000

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**

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

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

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**

