



# 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 South Yorkshire 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.

## SAFE@LAST

SAFE@LAST support children, young people and their families in Sheffield and Rotherham, who are at risk through running away or going missing from home.

### 1:1 Outreach

We work directly with young people up to the age of 18 providing tailored support to address the root causes.

### Family Support and Mediation

We provide support, advice and guidance for the whole family. We aim to improve relationships, reduce arguments and conflict to help families stay together at home.

Call: 0114 2787152 or Email: [safeatlast@depaulcharity.org.uk](mailto:safeatlast@depaulcharity.org.uk)

## NIGHTSTOP SOUTH YORKSHIRE

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.

**Email:** [Nightstoppsy@depaulcharity.org.uk](mailto:Nightstoppsy@depaulcharity.org.uk) or **Call:** 0114 278 7152

## SUPPORTED LODGINGS

Supported Lodgings offers young people aged 16-21, a safe and nurturing home environment as a stepping stone to independent living. Living in the spare room of one of our trained and vetted lodgings providers in Sheffield for up to 12 months you will have support and a dedicated worker from Depaul, to achieve your goals.

**Email referrals to:** [Sheffield.SupportedLodgings@depaulcharity.org.uk](mailto:Sheffield.SupportedLodgings@depaulcharity.org.uk)

## OTHER SUPPORT AVAILABLE

### 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**

### 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](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)**



