

# Is lockdown making you worried or sad?

Family finding it tough?

Nervous about going back to school?

There's somewhere safe to get help and support.

**Call us free on 0800 157 7015**

**We're there 9am-9pm Monday to Friday, and 10am-6pm at weekends.**

**Or visit [barnardos.org.uk/c19](https://www.barnardos.org.uk/c19)**



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WITH

**Believe in  
children**  
 **Barnardo's**