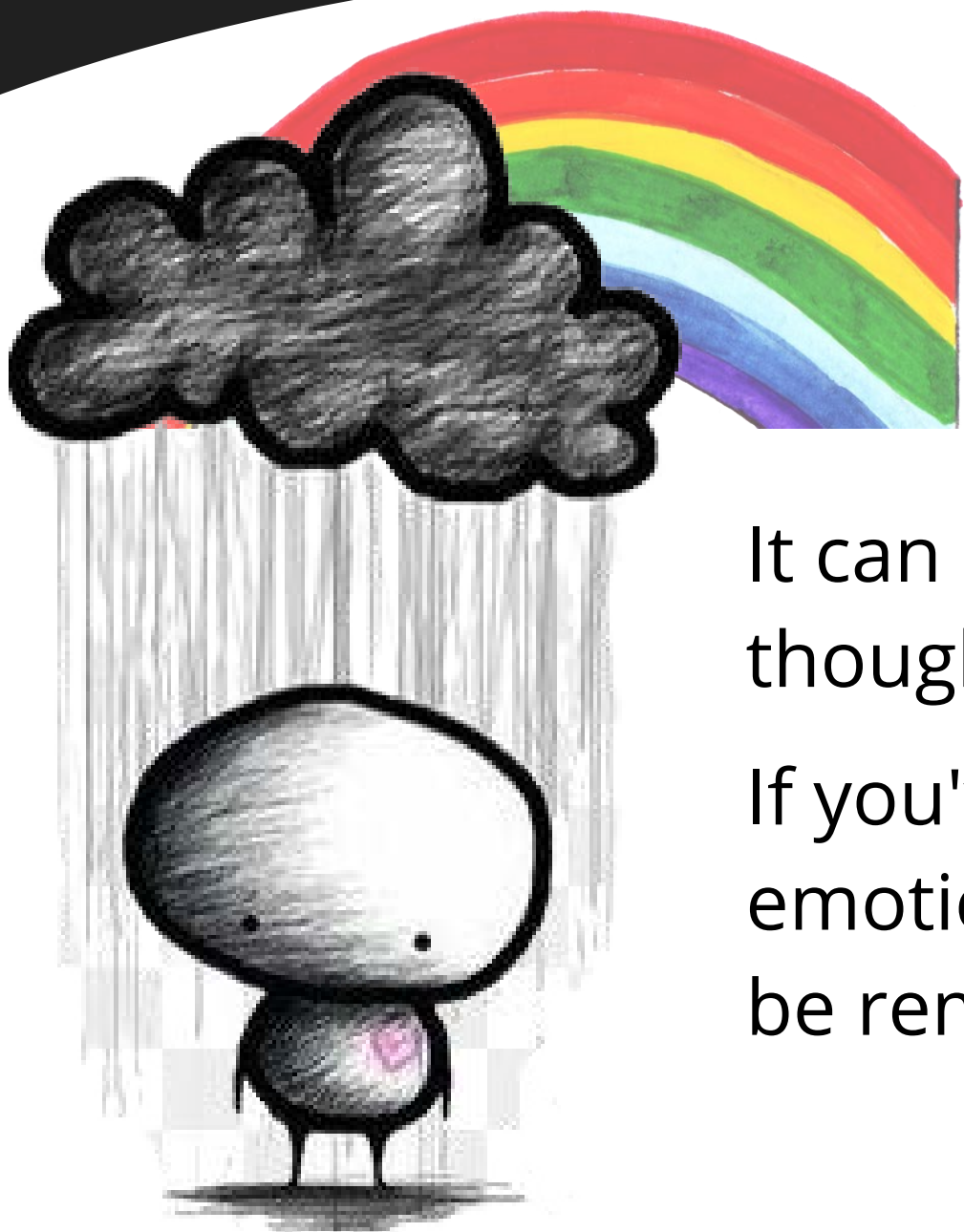


Getting Through a Tough Time



SAFETY, TRUST AND RESPECT
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The new rules which are stopping us from seeing people and doing lots of things that we enjoy can make life feel a lot harder.

It can make us feel more alone, and can trigger negative thoughts and memories.

If you've experienced abuse in the past - whether emotional, physical, sexual, or psychological - you might be reminded of how you felt then.

It's important that you know:

there is ALWAYS someone who can help!

5 Things to Remember:

Abuse is NEVER your fault. It's ALWAYS the fault of the abuser.

It's OK to ask for help.

Reach out to people you trust and tell them how you're feeling.

If you're already getting support from someone, keep in touch with them online or on the phone.

There is always someone who can help you.

WHERE CAN I GET HELP?

If you're IN CRISIS:

Call Childline on 0800 1111

MEIC - Phone 080 8802 3456

Text 84001

Call the Samaritans if you feel suicidal or you want to self-harm: 0330 094 5717.

Chat online and get urgent help [here](#).

Click [here](#) for young people's self-care tips

Click [here](#) for advice on coping with anxiety

Click [here](#) for creative ways of keeping calm



Live Fear Free Helpline Llinell Gymorth
Byw Heb Ofn

0808 80 10 800



Cymorth i Ferched Cymru
Welsh Women's Aid