

# Is Covid-19 hurting your family?

Struggling to cope?

Feeling isolated?

Worried for your children?

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)**

