Who is in my corner

Help comes in different kinds. Write down who you could ask for each, even if you've never asked them.

A specific request is easier to say yes to: "Could you have them on Thursday after school?" Blank lines are common; they're where the professionals come in.

Someone I can ring after a hard day

Name _____ *How to reach them* _____

Someone who could do a school run, or have the children for an hour

Name _____ *How to reach them* _____

Someone who would drop round with a meal

Name _____ *How to reach them* _____

Someone the children know well and trust

Name _____ *How to reach them* _____

Someone who knows what this is like

Name _____ *How to reach them* _____

Someone I could ask, but haven't yet

Name _____ *How to reach them* _____

THE PROFESSIONALS

Our GP surgery _____ *The school's pastoral lead* _____

My own support _____ *Anyone else* _____

If you are struggling most days, talk to your GP; you don't have to wait until it's worse. **If you are not safe, or not sure you can keep yourself or someone else safe, don't wait.** Make sure the children are with an adult you trust, and use the routes at theparentbook.com/urgent-help straight away.

If you or your child is in immediate danger: Call 999, or go to your nearest A&E. 24/7.