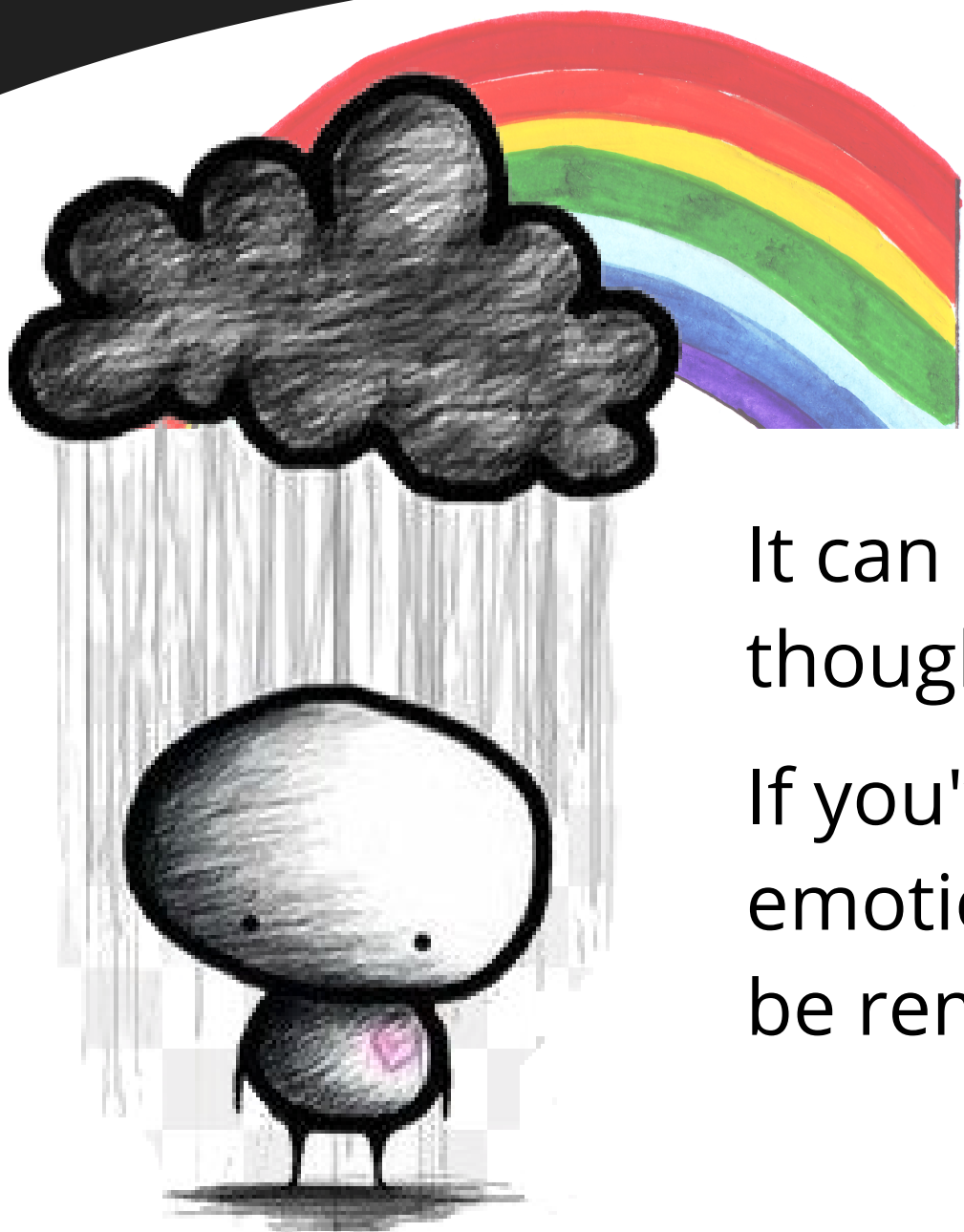


# Getting Through a Tough Time



SAFETY, TRUST AND RESPECT  
DIOGELWCH, YMDDIRIED A PHARCH



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: 116 123.*

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