

**STOP**  
**VIOLENCE**  
During Lockdown

unicef   
for every child



**ORGANISE** access to a range of **SUPPORTS**,  
including **PSYCHOLOGICAL FIRST AID**, to people  
in acute distress after exposure to severe stress.



**CALL HERE**  
for information  
and support.

**CHILDLINE**  
**1098**

**National**  
**Women's Helpline**  
**1091**

**Police**  
**100**