



Take care of your mental and physical wellbeing and ensure **REST, EAT** sufficient and healthy food, engage in **PHYSICAL ACTIVITY**, and stay in contact with family and friends.

Avoid tobacco, alcohol or other drugs.



**CALL HERE**  
for information  
and support.

**CHILDLINE**  
**1098**

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

**Police**  
**100**