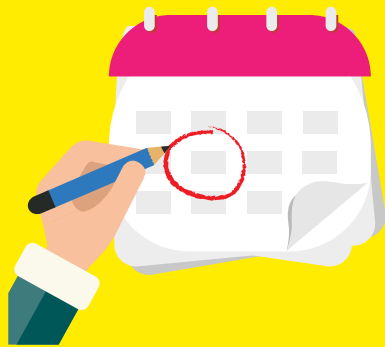


Dealing with stressful situations at home during COVID-19

Walk away from tense situations if you can

Being cooped up with other people will naturally be frustrating and might create tension between you and those you live with. You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer. If you and those you live with do not have any coronavirus symptoms, you could go outside for a walk.



Create a rota

If you're in a situation where lots of people are fighting over who gets to decide what you watch on TV, who cooks and cleans, or anything else, you might find it helpful to create a rota. This can help you agree a fair system and help avoid arguments.

Reach out for help

If your living situation is difficult, please don't struggle in silence. Call a trusted friend or a helpline.

If you're worried about being overheard, you could try texting or emailing instead. Many helplines also offer text and online messenger support. Please find some examples below.



Childline

24/7 helpline: 0800 1111

Samaritans

(UK and ROI): 116 123 (24 hours)
or email jo@samaritans.org

Women's Aid

www.womensaidni.org or their 24/7 helpline
0808 802 1414

The Mix

0808 808 4994 (1pm - 11pm daily)