
A person wearing a black hoodie and a hijab is sitting on a black metal bench. In the background, there is a basketball court with a green fence and several people playing basketball. A basketball is visible in the air near the hoop.

Do you feel  
uneasy or suspect  
that something  
isn't right in your  
group of friends?

A close-up shot of a person's hands holding a stack of British banknotes. The person is wearing a purple top and has tattoos on their arms. Next to the money is an open shoe box containing a white and yellow sneaker.

Have you been  
offered/given  
money but are  
now expected  
to pay it back?

**missing  
people**

Registered charity in England and Wales (1020419)  
and in Scotland (SC047419)

**SAFECALL**  
It's your call.

**CALL**  
**0208**  
**392**  
**5710**



# Advice for young people –COVID-19 and County Lines



We know the COVID-19 pandemic has been a strange time for young people, especially if you or someone you know might be involved in County Lines which is when young people are asked to look after, transport or sell drugs out of their local area.



You might have extra worries about what happens if you catch the virus and bring it home, or how to stay safe at the moment

We want you to be safe so we've put together this guide to let you know what help is available.



## Am I being exploited or used by other people?

Thousands of young people around the country are being used to sell drugs by people they may feel are their friends. Many of those young people don't feel like they're being used, or don't realise until it feels too late to escape. If you read this and think "this could be me", we want you to know there is help and support if you want it – which is confidential and free.

These are some of the most common signs of being caught up in County Lines

- Going missing or being away from home
- Being encouraged to cut contact with family
- Being worried about family getting hurt if you don't comply
- Being told what to say and do
- Feeling threatened, scared, humiliated or angry
- Feeling anxious, low or depressed
- Feeling like you no longer fit in or feeling isolated from your friends.
- Feeling like you have to keep secrets, including how you feel
- Losing interest in normal life
- Worrying that you can't get out, that you have no other options, and feeling hopeless
- Being encouraged to become addicted to drugs. Being given drugs on tick.
- Having a drug debt to work off



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If you're worried and want to talk to someone, the national SafeCall service is here for you

- SafeCall is a confidential, non-judgemental, specialist support service for young people and their families living in England and Wales, who are worried about or affected by county lines. We won't judge you, or tell you what to do – we can listen, offer advice and help you to be safe. We won't make you tell us anything you don't want to. You don't have to tell us your name or where you are.
- You can reach the SafeCall team on **020 8392 5710** Monday -Friday 9am-5pm. If you call outside of these hours, you'll be offered a chance to speak to someone on Missing People's Runaway Helpline instead which is open **24/7** and free to call or text on **116000**. They will speak to you in confidence, offer help, or arrange for someone from SafeCall to text or phone at a time that's convenient for you.

Here are some more services that can support you:

- **The Mix-** Support for under 25s. Text **'THEMIX'** to **85258** and they will text back to start the conversation or you can call them on **0808 808 4994**
- **Stop It Now-** A confidential Helpline: **0808 1000 900** If you are a young person currently suffering abuse, help is available.
- **Papyrus-** If you feel like you are not coping with life or are thinking about suicide. Text **07786 209697** or call **0800 068 41 41** Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm
- **Shout-** A 24/7 UK crisis text service available for times when you feel you need immediate support. Get started by texting **'SHOUT'** to **'85258'** a Texter will be put in touch
- **MEIC-** A confidential, anonymous, and free bilingual helpline service for children and young people up to the age of 25 in Wales providing information, useful advice and support. Open 8am - midnight, 7 days a week. Call their Freephone service on **080880 23456**, text for free anytime on **84001**, or chat service at [www.meiccymru.org/](http://www.meiccymru.org/)