




# Boloh

## The Black, Asian and Minority Ethnic family Covid-19 Helpline and webchat

If you have been affected by the pandemic, are concerned about school, lost a loved one or need someone to talk to, you can contact one of our specialist support advisors today.

If you're not sure if we can help, it's okay to give us a call for free on

**0800 1512 605**

Or talk to us on our webchat by visiting [helpline.barnardos.org.uk](https://helpline.barnardos.org.uk) and click on the icon on the bottom right 

To find out more information visit [helpline.barnardos.org.uk](https://helpline.barnardos.org.uk)

You can tell us about yourself and, if we can't help you, we'll find someone who can. Our staff can talk to you in English, Urdu or Hindi.

You can call us between Monday and Friday 1pm – 8pm.

We can usually help if:

- you are over the age of 11
- you are from Black and Asian communities



# Boloh

**We are here to help children, young people and families affected by Covid-19 from Black, Asian and Minority Ethnic communities.**


## Helpline

You can call us for free on **0800 1512 605** to speak to a friendly person in our team, and we'll help you figure things out.

You can call us between Monday and Friday 1pm – 8pm.

To find out more information visit **[helpline.barnardos.org.uk](https://helpline.barnardos.org.uk)**

## Webchat

Or talk to us on our webchat by visiting **[helpline.barnardos.org.uk](https://helpline.barnardos.org.uk)** and click on the icon on the bottom right 

Our **webchat** is available between Monday and Friday 1pm – 8pm.

**Believe in children**  
 **Barnardo's**