Report Child Abuse Because Kids Can't

Protecting Children, Preserving Families

Mahoning County REPORT LINE 24/7 Children Services **330.941.8888**

TIPS TO HELP PREVENT CHILD ABUSE DURING COVID-19

PARENTS & CHILD CAREGIVERS

If you are feeling OVERWHELMED, stressed, anxious or isolated: Keep in touch with friends and family members. Keeping connected to others helps reduce stress, anxiety and frustration. Take a little time to do something for yourself such as exercise, stretch, read, etc.

Keep Yourself and Your Children Busy: Schedule family activities: board games, family movie-time, walks. Laughter and physical activity are great stress reducers.

STAY TUNED IN: Remain informed about COVID-19 news. Manage and balance your news intake and take a break/ disconnect for a while when you're feeling increased fear or anxiety.

COMMUNITY & ONLINE RESOURCES: CHILD ABUSE & NEGLECT INFORMATION:

Mahoning County Children Services: http://www.mahoningkids.com/

Prevent Child Abuse Ohio: https://octf.ohio.gov/wps/portal/gov/octf/resources-forparents/articles/

Prevent Child Abuse America: https://preventchildabuse.org/

Help Network of Northeast Ohio: Dial 2-1-1 for referrals to community resources available or visit online Community Directory: <u>https://www.helpnetworkneo.org/</u> services/

IF YOU FIND YOUSELF OR YOUR CHILDREN IN **DANGER:**

- 24-Hour Child Abuse/Neglect Hotline: Call Mahoning County Children Services: 24/7 CHILD ABUSE HOTLINE: 330.941.8888.
- Domestic Violence Hotline in Mahoning County: • Sojourner House Domestic Violence 24-hour CRISIS Line: 330-747-4040.
- Emergencies: Call 911 for emergency or immediate danger/threats.

HOW COMMUNITY CAN HELP:

LEARN: The Signs of Child Abuse /neglect & How to Report.



EDUCATE: Click on the "Warning Signs of Child Abuse" Our website: http://www.mahoningkids.com/

CHECK ON: Families who are at risk for child abuse/neglect

REPORT: Any suspicions of CHILD ABUSE/NEGLECT to

Mahoning County Children Services 24/7 HOTLINE: 330. 941.8888





330-941-8888 www.mahoningkids.com

children Services