



Ukrainian Support Helpline

**Are you in need of help after fleeing
the conflict in Ukraine?**

We are here to support your emotional and practical needs. **Call us for free support and advice.**

Lines are open between:

Monday and Friday 10am – 8pm

Saturday from 10am – 3pm

0800 148 8586

To find out more contact us at:

ukrainiansupport@barnardos.org.uk

Or visit:

www.barnardos.org.uk/ukrainian-helpline

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children**
 **Barnardo's**