

### **Wellbeing support for lead activists and volunteers**

*All volunteers/lead activists are able to use the [CiC](#) Counselling service to access confidential counselling sessions on a wide range of work, including debt, personal and family issues.*

*Please email [assist@cic-eap.co.uk](mailto:assist@cic-eap.co.uk) and include the following information:*

- Name
- Organisation: Amnesty International UK
- Contact phone number
- The best time to receive a return a call (preferably with a 2 hour time window)
- A brief sentence on the reason for calling.

*Although you can still call 0800 019 709, if at all possible to avoid any possible delays in call answering please email first your request for support. Please be reassured that if you access the service, no information (names or details of those accessing the service) is ever passed back to AIUK.*

### **Safeguarding: working safely online with children and young people**

*As we begin to offer more of our human rights activities through online mediums, we need to be aware of and responsive to new potential safeguarding risks in relation to participation of young people in our wide range of activities. Guidance will be issued to all local groups and networks in the coming weeks, which will assist you with planning your online activities/meetings. In the meantime, if you have any queries about online events involving children and young people, you can get in touch with the staff member supporting your activities, or the head of safeguarding, Mairead Healy: [safeguarding@amnesty.org.uk](mailto:safeguarding@amnesty.org.uk)*