



Department for
Digital, Culture
Media & Sport



Building
stronger
families

Are you a parent or carer? Do you need help or support in the evenings and at the weekend?

If so, call our free Parent Helpline for confidential support and information

Parent Helpline: 0808 802 0222

**Open weekdays 6pm to 10pm, weekends 10am to 1pm
Available for parents and carers across England**

We can provide emotional and practical support and guidance on all aspects of parenting

Support is also available from befrienders and counsellors

You can also contact us via

Text: 07537 404 282

Email NDPSS@family-action.org.uk

www.family-action.org.uk

Family Action
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