



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

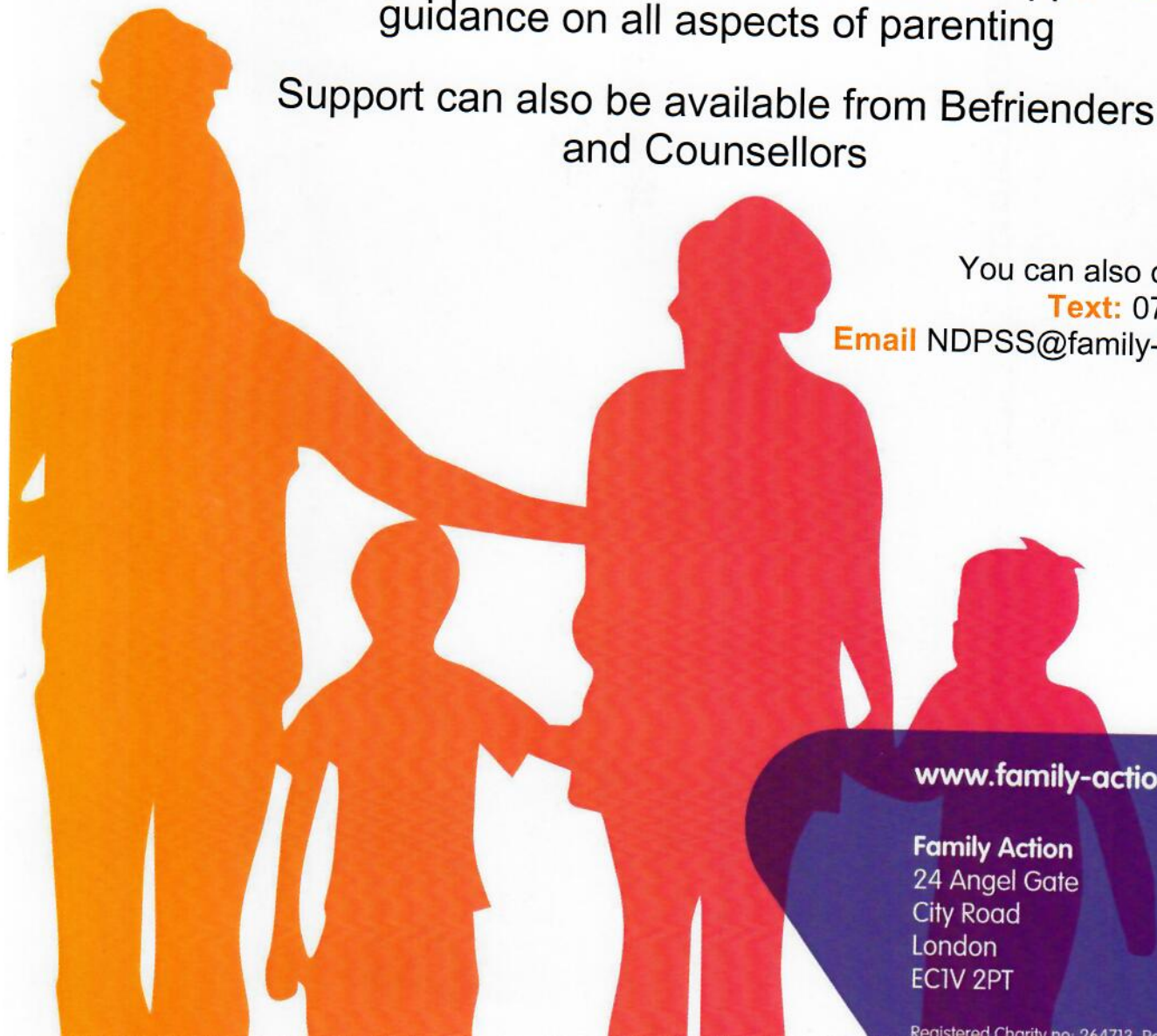
Parent Helpline: 0808 802 0222

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

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

Support can also be available from Befrienders and Counsellors

You can also contact us
Text: 07537 404 2
Email NDPSS@family-action.org



www.family-action.org.uk

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