



We're here for families

Find out how we
can support you
and your family



0808 800 2222

If you need to talk,
we're here to listen: on
the phone and online

How we can support you

Support in local communities

We have a strong presence in local communities in various areas across England. We offer tailored local services including outreach work, individual support, drop-in sessions, and parenting courses on specific issues like handling difficult behaviour or boosting children's confidence.

Visit our website at www.familylives.org.uk to find out what's on offer where you live.



Confidential helpline

Talk confidentially and for free* on any family-related issue on the phone, via online chat or by email.

Our helpline is answered by trained staff and volunteers who all have parenting experience. We can offer counselling-based support – ideal for complex family problems that need working out over time.

Please call us on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life.

*from all landlines and most mobile networks

Visit our website

Visit www.familylives.org.uk for a wealth of information on all aspects of family life. We offer a huge range of articles, as well as videos and free online parenting courses.

Online forums

You can join our online forum and chat to other parents and carers.

Our forums are a safe space to share dilemmas, experiences and issues with others who understand the ups and downs of family life.



We're here when you need us

Contact us

Call our confidential helpline on 0808 800 2222

Monday to Friday 9am to 9pm

Weekends 10am to 3pm

Email us at: askus@familylives.org.uk

Or chat to us online

Monday to Friday 10.30am to 9pm

Online advice and resources:

www.familylives.org.uk

Find advice, online parenting courses and our forums.

