

Experiencing bullying?

0808 800 2222

askus@familylives.org.uk

Live chat

www.familylives.org.uk

**If you need to talk,
we're here for you.**

Call us on our free confidential helpline, email us or use our live chat service for advice, information and support on any aspect of bullying.

Helpline opening hours:

Mon - Fri: 9am - 9pm

Sat - Sun: 10am - 3pm

Live chat opening hours:

Mon - Fri: 10.30am - 9pm

We build better family lives together

www.familylives.org.uk

   @FamilyLives

 @FamilyLivesFL

INVESTORS IN PEOPLE®
We invest in people Standard

