

# IF YOU NEED TO TALK, WE'RE HERE TO LISTEN

0808 800 2222

[askus@familylives.org.uk](mailto:askus@familylives.org.uk)



**Free\* confidential helpline  
and email service for  
advice, information  
and support on any  
aspect of parenting  
and family life.**

**Opening hours:  
Mon-Fri 9am-9pm  
Sat-Sun 10am-3pm**

[www.familylives.org.uk](http://www.familylives.org.uk)



**@FamilyLives**

***We build better family lives together***