

# PARENT? NEED TO TALK?

Call **Parentline**, a free\*, 24-hour, confidential phone line for parents on:



**0808 800 2222**

\*Free from landlines  
and most mobile networks.



**Parentlineplus**

because instructions aren't included

**0808 800 2222**

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

- Confidential parent-to-parent support.
- Find out where to go for specialist advice.
- Get free information leaflets.

Free textphone for people who are deaf, hard of hearing or have a speech impairment: **0800 783 6783**

**[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)**

Parentline Plus is the operating name of FamilyLives.

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