





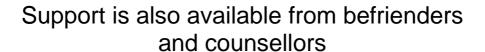
Are you a parent or carer? Do you need help or support in the evenings and at the weekend?

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

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



You can also contact us via Text: 07537 404 282

Email NDPSS@family-action.org.uk

www.family-action.org.uk

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