YOUNGMiNDS
fighting for young people's mental health

Parents Helpline

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

You can call us for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

- Our Parents Helpline is available in England, Scotland, Wales and Northern Ireland.
- You'll get through to a trained adviser who will listen and talk through your concerns in complete confidence.
- Your adviser will help you to understand your child's behaviour and give you practical advice on what to do next.
- If you need further help, they'll arrange for one of our independent, experienced professionals to call you for a 50-minute telephone consultation within seven days.
- Please note, calls may be recorded for monitoring or training purposes.
- Hard of hearing or speech-impaired? Please use Typetalk or Textdirect to contact us, or use our Parents Webchat.
- If English is not your first language, we can arrange for an interpreter as a member of LanguageLine.

www.youngminds.org.uk/parent/parents-helpline-and-webchat