

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



0808 800 2222

Family Lives offers a confidential and free* helpline service for families providing emotional support, information, advice and guidance on any aspect of parenting and family life.

If you would like to access our service in Welsh, this is available between 11am and 2.30pm, weekdays. You can book an appointment via our website.

www.familylives.org.uk

We build better family lives together



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