

DO YOU KNOW ABOUT THE PARENT HELPLINE?

A free helpline is available for parents and carers of any child, including those with SEND, during the evenings and weekends. We know that for many parents of children and young people with SEND, these times can be very stressful, with children often holding it together during the school day and then really struggling at home, and parents can feel like they have no one to turn to for support. This helpline offers confidential emotional support, information and guidance on all aspects of parenting. Befrienders and counsellors are also available.

The helpline number is: **0808 802 0222**

You can text on: **07537 404 282**

And email on: NDPSS@family-action.org.uk