

Do you need support with your child's emotional and mental health?



We offer support and a listening ear to help you navigate your families wellbeing and mental health.

We provide:

- Free confidential one to one support from a trained parent volunteer over 6 to 8 weeks
- Advice, guidance and signposting as well as access to online services and group support



SCAN ME
FOR SELF-REFERRAL

For more information about this service, please email CharlotteW@familylives.org.uk or call on 07739 788115

We build better family lives together

www.familylives.org.uk

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Emotional Wellbeing
& Mental Health
Lles Emosiynol ac
Iechyd Meddwl