

## **Support for parents**

Useful support websites and telephone numbers

### **Help for parents in any stressful or crisis situation**

Home-Start UK  
Tel: 08000 686368  
Website: [www.home-start.org.uk](http://www.home-start.org.uk)

Family Welfare Association  
Tel: 020 7254 6251  
Website: [www.fwa.org.uk](http://www.fwa.org.uk)

NSPCC  
Helpline: 0808 800 5000  
Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Parents Advice Centre  
Helpline: 0808 8010 722  
Website: [www.parentsadvicecentre.org](http://www.parentsadvicecentre.org)

### **If you're in need of postnatal support**

Association for Postnatal Illness  
Tel: 020 7386 0868  
Website: [www.apni.org](http://www.apni.org)

National Childbirth Trust  
Tel (Mon-Thurs 9am-5pm, Fri 9am-4pm): 0870 444 8707  
Breastfeeding supportline (7 days a week 8am-10pm): 0870 444 8708  
Pregnancy and Birth supportline (Mon-Fri 10am-8pm): 0870 444 8709  
Website: [www.nct.org.uk](http://www.nct.org.uk)

### **If you're a single parent**

One Parent Families  
Helpline (Mon-Fri 9am-5pm; Wed 9am-8pm): 0800 018 5026  
Website: [www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)

### **If you have a special needs child**

Contact a Family  
Helpline (Mon-Fri 10am-4pm; Mon 5.30-7.30): 0808 808 3555  
Website: [www.cafamily.org.uk](http://www.cafamily.org.uk)

Teachernet  
Website: [www.teachernet.gov.uk/wholeschool/sen](http://www.teachernet.gov.uk/wholeschool/sen)

Mencap  
Learning Disability Helpline: 0808 808 1111  
Website: [www.mencap.org.uk](http://www.mencap.org.uk)

Council for Disabled Children  
Tel: 020 7843 1900  
Website: [www.ncb.org.uk](http://www.ncb.org.uk)

National Autistic Society  
Helpline: 0845 070 4004  
Website: [www.nas.org.uk](http://www.nas.org.uk)

**If you're worried about drug use**

Families Anonymous  
Helpline (Mon-Fri 1pm-4pm; 6pm-10pm, Sat – Sun 2pm-10pm): 0845 1200 660  
Website: [www.famanon.ork.uk](http://www.famanon.ork.uk)

Frank  
Helpline: 0800 776600  
Website: [www.talktofrank.com](http://www.talktofrank.com)

**If you're struggling with work-life balance**

Working Families  
Tel: 0800 013 0313  
Website: [www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)

**If you've suffered a bereavement of a baby or child**

The Child Bereavement Trust  
Tel: 01494 446648  
Website: [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

The Compassionate Friends  
Helpline (7 days a week, 10am-4pm and 6.30pm-10.30pm): 0845 123 2304  
Website: [www.tcf.org.uk](http://www.tcf.org.uk)

Foundation for the Study of Infant Deaths  
Helpline (Mon-Fri 9am-11pm, Sat-Sun 6pm-11pm): 020 7233 2090  
Website: [www.fsid.org.uk](http://www.fsid.org.uk)

Stillbirth and Neonatal Death Society  
Helpline: 020 7436 5881  
Website: [www.uk-sands.org](http://www.uk-sands.org)

If none of the above seem to meet your specific need, then contact the following organisation and you should be pointed in the right direction:

Parentline Plus  
520 Highgate Studios  
53-79 Highgate Town  
London NW5 1TL  
Helpline: 0808 800 2222  
Website: [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

If you want Christian support in some aspect of your parenting, including single or step parenting, bereavement of a partner or a child, concerns about drug use, and several others, then contact:

Care for the Family  
Tel: 029 2081 0800  
Website: [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)