



# Parents Helpline

Our Parents Helpline is available to offer advice to anyone worried about a child or young person under 25.

You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

**Our trained advisers are here to give you help and advice, whatever the question.**

**Under 25?** Our helpline is there for parents, but there's plenty of help and support for young people too whether it's our expert guides or the various organisations and helplines we work with. Find out where to get help.

Call the Parents Helpline

**Please note today we are currently experiencing technical issues. We can hear callers but on some calls they are unable to hear us. If this happens please try calling again. Please bear with us while we try to fix this. Apologies for any inconvenience.**

Call us for free Mon-Fri from 9:30am to 4pm – available in England, Scotland, Wales and Northern Ireland.

## 0808 802 5544

Calls may be recorded for monitoring or training purposes.

What happens when you call the Parents Helpline?

- **You'll get through to a trained adviser** who will talk through the problem and listen to your concerns and questions in complete confidence.
- **Your adviser will help you to understand your child's behaviour** and give you practical advice on where to go next.
- **If you need further help, they'll refer you to one of our specialists** whether it's a psychotherapist, psychiatrist, psychologist or mental health nurse. They'll arrange a phone consultation within 7 days.