



# PARENT SUPPORT & ADVICE LINE

**Are you worried about your child's mental health, emotional wellbeing or behaviour?**

Parenting can be hugely rewarding but it can also be really hard work, especially if you think your child is unhappy or you are worried about them.

**FREE - CONFIDENTIAL - ANONYMOUS**



**TIC+ cares – we're here to help!**

If your child is 0-25 years old and lives in Gloucestershire, drop-in to our free, anonymous, confidential helpline during open times and talk to one of our trained parent support advisors.

**YOU ARE NOT ALONE**



PARENT SUPPORT LINE  
**0800 6525675**

**OPEN TIMES:**

**Monday & Wednesday: 5pm – 9pm**  
**Tuesday & Saturday: 9.30am – 1pm**



PARENT SUPPORT WEB CHAT  
**[www.ticplus.org.uk/parents-carers](http://www.ticplus.org.uk/parents-carers)**

Open times may be subject to change -  
check our website for up to date  
information

**[www.ticplus.org.uk](http://www.ticplus.org.uk)**



*TIC+ is a mental health charity founded in 1993. Our mission is to improve, preserve and promote, good mental health and wellbeing among children, young people and families.*

*Charity number 1045429*