



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

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

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