

Family lives <https://www.familylives.org.uk/>

How we can help

People contact us about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children. If you need support or advice, you can call us on our helpline on 0808 800 2222, email us at askus@familylives.org.uk or alternatively visit our pages for [online advice](#).

Family Action <https://www.family-action.org.uk/>

Who we are

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

Family line

We're here to provide a listening ear, answer particular parenting questions or help with guidance around more complex issues. All support takes place via telephone, text message or email and is free

Opening times: Monday to Friday, 9am to 3pm and 6pm to 9pm

Contact details:

Telephone: 0808 802 6666

Text message: 07537 404 282

Email: familyline@family-action.org.uk

Live web chat

The couple connection

<https://thecoupleconnection.net/>

The Couple Connection is an interactive, self-help site providing resources and practical tools that will enable you to improve your relationship. It helps

give advice for a host of topics including when you hare having relationship problems