



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



PARENT SUPPORT WEB CHAT
www.ticplus.org.uk/parents-carers

The TIC+ parent support advisors can help, they care, won't judge, and will take you seriously.

If your child lives in Gloucestershire and is between the ages of 0 and 25 and you would like support please get in touch.

To make it easier to reach out for help we offer a choice of ways to contact us:



Parent Support Line: You can call our Freephone number from your mobile or home phone.



Parent Support Web Chat: We recognise that sometimes it's difficult talking when things aren't going so well. Providing you've got access to the internet, web-chat allows you to live message a member of our team.

Whichever option you choose, there is no need to make an appointment, drop-in anytime during our open hours:

OPEN TIMES:

Monday & Wednesday: 5pm – 9pm

Tuesday & Saturday: 9.30am - 1pm

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