

Parents, carers,
family members...

if you need us we're here.

Call Parentline NI today for
advice, support or guidance.

 **0808 8020 400**



Parenting a child or young person can be hugely rewarding, however at times it can be challenging. Many carers can often feel like they are on their own with little or no support.

Parentline is here for you and offers an impartial, non-judgemental listening ear.

For advice on something specific or general support and guidance, just give us a call. It's completely FREE for anyone caring for or concerned about a child or young person.



FREE LOCAL HELPLINE
0808 8020 400

CHAT ONLINE: www.ci-ni.org.uk

EMAIL: parentline@ci-ni.org.uk

OPEN 6 DAYS A WEEK:

Mon-Fri 9am-9pm

Sat 9am-1pm



Parentline NI is a service operated by Children in Northern Ireland & Relate NI. Funded by the Health and Social Care Board.