



# **act**

PARENTS AND CARERS TOGETHER

## **"Supporting you, supporting your child"**

Suffolk Support for parents and carers of children and young  
people with mental health issues

[www.parentsandcarerstogether.uk](http://www.parentsandcarerstogether.uk)

**Helpline number (07856) 038799** (not 24/7)

**Support group for parents and carers of children and  
young people with mental health issues**



**@pactenquiries**



**/parentsandcarerstogether/**