Advice and Support

for Parents

[**Family Lives**](https://www.familylives.org.uk/)

Helpline: 0808 800 2222

Family Lives is a charity helping parents to deal with the changes that are a constant part of family life. We know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents. Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting. We recognise that the best way to support families is to provide advice in a way that all members of the family can freely access. We provide this through our 24hr helpline, extensive advice on our website, our email and live chat services, befriending services, and parenting/relationship support groups.

[**Action for Children**](https://www.actionforchildren.org.uk/)

[Parent Talk](https://parents.actionforchildren.org.uk/?_ga=2.51163113.1768756484.1594803305-1949176063.1594630710&_gac=1.262917688.1594803305.EAIaIQobChMI7rbGmfHO6gIVW-ztCh2S1Q6kEAAYASAAEgKVLvD_BwE)

We’ve pooled practical advice on everything from family life to home schooling. Down-to-earth parenting advice you can trust. We’re on hand to support parents, when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that’s worrying you.  It’s all free, and no topic is too big, small, or embarrassing.

[**Channel Mum**](https://www.channelmum.com/)

Channel Mum is the friendliest and most honest community for mums everywhere.  There is always a place for you here, because we know it takes a village to raise a child.  You can also chat to other mums and professionals in the Channel Mum Support Group.

[**Home-Start**](https://www.home-start.org.uk/)

Home-Start volunteers help families with young children deal with the challenges they face. We support parents as they learn to cope, improve their confidence and build better lives for their children from birth to starting school.  Families struggling with post-natal depression, isolation, physical health problems, bereavement and many other issues receive the support of a volunteer who will spend around two hours a week in a family’s home supporting them in the ways they need.

[**Young Minds**](https://youngminds.org.uk/)

Helpline: 0808 802 5544

Parents' Information Service gives advice to parents or carers who may be concerned about the mental health or emotional wellbeing of a child or young person.

[**MumsMeetUp**](https://mumsmeetup.com/)

MumsMeetUp connects mums locally and across the UK.  It provides a quick and simple solution for mums to find others in their area, in the same boat, and to go on the journey of being a mum together - creating proper real life friendships for them and their children.  Additionally, mums of children with disabilities are able to search by similar conditions, as well as location.  It is a web based app which works just as well on mobiles as on all screen sizes.

[**Mumsnet**](http://www.mumsnet.com/)

[**Netmums**](file:///C%3A%5CUsers%5Cwilli%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CACS16TB2%5Cnetmums.com)

A unique local network for Mums (or Dads), offering a wealth of information on both a national and local level. Once registered, you can access details for all kinds of local resources, from child-friendly cafes to childminders, places to go etc.

[**Gingerbread**](https://www.gingerbread.org.uk/)

Single Parent Helpline: 0808 802 0925

One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

[**Families Need Fathers**](https://fnf.org.uk/)

Helpline: 0300 0300 363

Help with shared parenting issues arising from relationship breakdown whether you’re the mum or dad, married or unmarried.

[**Grandparents Plus**](https://www.grandparentsplus.org.uk/)

Call:  0300 123 7015

Grandparents Plus is the only national charity dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.

[**New Family Social**](file:///%5C%5CPKF-FS02%5Ck.ainley%24%5CDocuments%5Cnewfamilysocial.org.uk)

Helpline:  020 3880 2683

New Family Social promotes the care and upbringing of children by LGBT adopters and foster carers by allowing these families to socialise and share support in a safe environment. It helps to create a wide pool of adopters and foster carers by raising awareness and encouraging and supporting prospective adopters and carers, and by promoting their utilisation and fair treatment.

[**Pink Parents**](https://www.pinkparents.org.uk/)

Pink Parents offer support services and social activities for all Lesbian, Gay, Bisexual and Transsexual families, whether you are considering parenting, have grandchildren, are fostering or adopting or are an Uncle or Aunty, PinkParents can offer you support and a place to meet new friends.