

Supporting Families in Herefordshire

Is family life difficult to manage?

Do you or your child need a listening ear or a helping hand?

Are you finding it hard being a parent?

We can offer support, advice and guidance for families and young people on:

- Family relationships
- Challenging behaviours
- Housing and financial matters
- Emotional and mental health worries
- Keeping your child safe (on-line and in the community)
- Child well-being and development
- Any issue affecting you and your family

Call the Children's Help and Advice Team (CHAT) free on

01432 260261

and speak with an experienced supporting families advisor
(open 9.00am to 4.45pm Monday to Friday)

