



# 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](http://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](http://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*