

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 9:00 am to 4:45 pm Monday to Friday)

