

## YOUNG MINDS - Parents Helpline

Worried about a child or young person?  
Call our free helpline for confidential, expert advice.

### Parents Helpline

Our Parents Helpline is available to offer advice to anyone worried about a child or young person under 25.

You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

**Our trained advisers are here to give you help and advice, whatever the question.**

Call the Parents Helpline

Call us for free Mon-Fri from 9:30am to 4pm – available in England, Scotland, Wales and Northern Ireland.

**0808 802 5544**

Calls may be recorded for monitoring or training purposes.

What happens when you call the Parents Helpline?

- **You'll get through to a trained adviser** who will talk through the problem and listen to your concerns and questions in complete confidence.
- **Your adviser will help you to understand your child's behaviour** and give you practical advice on where to go next.
- **If you need further help, they'll refer you to one of our specialists** whether it's a psychotherapist, psychiatrist, psychologist or mental health nurse. They'll arrange a phone consultation within 7 days.