



We build better family lives together

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Email us for support  
askus@familylives.org.uk



Helpline  
0808 800 2222

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## Confidential helpline

We are open as normal - Call us or email us for support

**If you need to talk ...**  
**...we're here to listen**

**OPEN**

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- ### How we can help
- Confidential helpline
  - Forum Community
  - In your area
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  - Online parenting courses
  - For professionals