

- Family Lives is a charity specialising in supporting families. You can call their confidential helpline on 0808 800 2222 (9am to 9pm Monday to Friday, 10am to 3pm Saturday to Sunday). You can also visit their forums
- Relate offers relationship advice and counselling. You can also use Live Chat to talk to a counsellor
- Young Minds, the mental health charity, has a confidential parents' helpline. Call them on 0808 802 5544 (9.30am to 4pm Monday to Friday)