

PARENT SUPPORT INFORMATION

<p>Family Information Service—Information, advice and support on the services available to families in Hertfordshire. Office open Monday to Friday 08.30 to 16.30 Email: younginherts@hertscc.gov.uk www.hertsdirect.org/younginherts</p>
<p>Parentline Plus— Confidential, impartial advice and support line for parents open 24x7 Email: parentsupport@parentlineplus.org.uk www.parentlineplus.org.uk</p>
<p>Youth Talk - Help for teens and parents of teens in St. Albans open Monday to Friday Email: info@youthtalk.org.uk www.youthtalk.org.uk</p>
<p>Home Start - Trained volunteers offer support, friendship and practical help to families with 1 child under five open Monday to Friday www.home-start.org.uk</p>
<p>Strengthening Families, strengthening Communities - For children aged 8-13 years where there are concerns about antisocial behaviour. Contact Emma Allen, Parenting Pathfinder Manager</p>
<p>Relate – Counselling for people experiencing relationship difficulties, open office hours Email: relate@nildram.co.uk www.relate.org.uk</p>
<p>NSPCC Worried about a child call the NSPCC helpline Email: help@nspcc.org.uk</p>
<p>Childline - A helpline for children and young people to talk to people about their problems and concerns open 24x7 www.childline.org.uk</p>
<p>Children, Schools and Families Call Centre— concerns about a child at risk open 24/7</p>
<p>Frank – Free and confidential helpline for advice on drugs open 24/7 Email: frank@talktofrank.com www.talktofrank.com</p>
<p>Youth Connexions - The information, advice, guidance and support service for all 13-19 year olds in England Email: enquiries@connexions.hertscc.gov.uk</p>
<p>NHS Direct –Telephone and e-health information services 24 hours a day direct to the public</p>
<p>The Parent Partnership Team – Information and support around special educational needs Contact Helena Marks Parent Partnership Officer for St Albans and Dacorum</p>
<p>Disability, Pregnancy & Parenthood International – Offers information and support to disabled people during pregnancy and as parents open office hours</p>
<p>Mencap - Works to gain support, education, housing, jobs, and recreational opportunities for people with learning disabilities</p>
<p>ADD-vance – supporting parents and carers of children with Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder</p>
<p>Snap – a leading organisation that offers holiday play schemes to young people aged 3- 19 years who have learning disabilities of varying severity.</p>
<p>National Autistic Society Helpline—UK's leading charity for people affected by autism and Asperger syndrome.</p>
<p>Benefits Enquiry Line - For all enquiries about benefit entitlements</p>
<p>Dacorum First Credit Union - A savings & lending co-operative, owned and run by local volunteer (unpaid) members who serve anyone who lives or works in the Borough.</p>
<p>Jobcentre Plus - Want to make a claim? Want to find a job? www.jobcentreplus.gov.uk</p>
<p>Citizens Advice Bureau - free, independent, impartial and confidential advice and information on a range of subjects</p>

01438 737 502
or
01923 471 502

0808 808 2222
Text 08007836783

01727 868 684

08000 686 368

01992 555909
or
07876 475211

0845 456 1310

0808 800 5000

0800 1111

01438 737 500

0800 776 600

0800 389 3258

0845 4647

01442 217143

0800 018 4730

01662 678422

01727 833963

07979 612363

0800 0704004

0800 882 200

01442 400232

0800 055 6688
0845 606 023

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