PARENT SUPPORT INFORMATION

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**	01438 737 502 or 01923 471 502
Parentline Plus— Confidential, impartial advice and support line for parents . open 24x7 **Email: parentsupport@parentlineplus.org.uk , www.parentlineplus.org.uk**	0808 808 2222 Text 08007836783
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**	01727 868 684
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**	08000 686 368
Strengthening Families, strengthening Communities - For children aged 8-13 years where there are concerns about antisocial behaviour. Contact Emma Allen, Parenting Pathfinder Manager	01992 555909 or 07876 475211
Relate – Counselling for people experiencing relationship difficulties, open office hours **Email: relate@nildram.co.uk , www.relate.org.uk**	0845 456 1310
NSPCC Worried about a child ? - call the **NSPCC** helpline **Email: help@nspcc.org.uk**	0808 800 5000
Childline - A helpline for children and young people- to talk to people about their problems and concerns . Open 24x7 **www.childline.org.uk**	0800 1111
Children, Schools and Families Call Centre— concerns about a child at risk ? Line open 24/7	**0300 123 4043**
Frank – Free and confidential helpline for advice on drugs . open 24/7 **Email: frank@talktofrank.com , www.talktofrank.com**	0800 776 600
Youth Connexions - The information, advice, guidance and support service for all 13-19 year olds in England **Email: enquiries@connexions.hertscc.gov.uk**	0800 389 3258
NHS Direct –Telephone and e-health information services 24 hours a day direct to the public	0845 46 47
The Parent Partnership Team – Information and support around special educational needs Contact Helena Marks Parent Partnership Officer for St Albans and Dacorum	**01442 217143**
Disability, Pregnancy & Parenthood International – Offers information and support to disabled people during pregnancy and as parents open office hours	**0800 018 4730**
Mencap - Works to gain support, education, housing, jobs, and recreational opportunities for people with learning disabilities	**01662 678422**
ADD-vance – supporting parents and carers of children with Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder **www.add-vance.org**	**01727 833963**
Snap – a leading organisation that offers holiday play schemes to young people aged 3- 19 years who have learning disabilities of varying severity.	**07979 612363**
National Autistic Society Helpline—UK's leading charity for people affected by autism and Aspergers syndrome.	**0800 0704004**
Benefits Enquiry Line - For all enquiries about benefit entitlements	0800 882 200
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.	01442 400232
Jobcentre Plus - St Albans Want to make a claim? Want to find a job? **www.jobcentreplus.gov.uk**	0800 055 6688 0845 608 8583
Citizens Advice Bureau - St Albans and Harpenden free, independent, impartial and confidential advice and information –including benefits, debt, housing , relationships , redundancy, consumer rights, **stalbanscab@canet.org.uk**	01582 769387

Compiled by Parenting & Information Officer

CHILDREN'S TRUST partnership HERTFORDSHIRE