

USEFUL INFORMATION

ParentlinePlus Hotline:

0808 800 2222.

Relate Hotline: 01442 262618.

Itext: Teenage sexual health info

07813 684 294.

Frank

Free confidential helpline for parents and teens open 24/7 for advice on drugs and alcohol

0800 77 66 00.

Children's Info. Service

01438 737502 / 01923 471502

Gingerbread (lone parents)

08000185 026

National Autistic Society

0845 0704004

MENCAP

01442 247675

JobCentre Plus

0800 055 6688 or 0845 606023

Tax Credits Hotline

0845 300 3900

HM Revenue & Customs

(child benefit enquiries)

0845 302 1444

Family Services Directory

Online information on caring for your family www.hertsdirect.org/fsd

National Childminding Association

01923 778713