

## **Advice Helpline for Parents**

### **YoungMinds Parents Helpline**

YoungMinds Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.

You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

**YoungMinds trained advisers are available to give parents help and advice, whatever the question.**

Call the Parents Helpline its free Mon-Fri from 9.30am to 4pm – available in England, Scotland, Wales and Northern Ireland.

**Phone: 0808 802 5544**

*Calls may be recorded for monitoring or training purposes.*

### **Outside of the Parents Helpline hours**

Out of operating hours, you can contact the Parents Helpline via YoungMinds online contact form: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>