

If you need to  
talk, we're  
here to listen

0808 800 2222

[askus@familylives.org.uk](mailto:askus@familylives.org.uk)

Live chat - [www.familylives.org.uk](http://www.familylives.org.uk)

Free\* confidential helpline,  
email and live chat service for  
advice, information and support  
on any aspect of family life.

**Helpline opening hours:**

Mon - Fri: 9am - 9pm

Sat - Sun: 10am - 3pm

**Live chat opening hours:**

Mon: 1.30pm - 9pm

Tues - Fri: 10.30am - 9pm



We build better family lives together

[www.familylives.org.uk](http://www.familylives.org.uk)



**INVESTORS IN PEOPLE**  
We invest in people Standard

