



Counselling, Support and Care for Young People and Families

Parent Support & Advice Line

**Are you worried about your child's
mental health, emotional well-being
or behaviour?**

Parenting can be hugely rewarding but it can also be really hard work, especially if you think your child is unhappy or you are worried about them.

If your child is 0-25 years old and lives in Gloucestershire, drop-in to our free, anonymous, confidential helpline during open times and talk to one of our trained parent support advisors.

www.ticplus.org.uk



TIC+ cares - we're here to help!

If you would like support please get in touch. It's free, confidential and anonymous.

The TIC+ parent support advisors can help, they care, won't judge, and will take you seriously.



Whichever option you choose, there is no need to make an appointment, drop-in anytime during our open hours.

Call 0800 6525675
to chat with one of our team members over the phone*

OR

Parent Support Web Chat
at www.ticplus.org.uk/parents-carers

To make it easier to reach out for help we offer a choice of ways to contact us:

Parent Support Line:

You can call our Freephone number from your mobile or home phone.

Parent Support Web Chat:

We recognise that sometimes it's difficult talking when things aren't going so well. Providing you've got access to the internet, web-chat allows you to live message a member of our team.

OPEN TIMES:

Monday & Wednesday:

5pm – 9pm

Tuesday & Saturday:

9.30am - 1pm

Open times may be subject to change - check our website for up to date information
www.ticplus.org.uk

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