



## What do we offer?

**Freephone line-  
0808 8020 400**

Support, advice, guidance and/or ear to listen, whatever your circumstances. Callers to the helpline can avail of a one off support call or will be offered follow up review calls to meet the needs of each parent/carer.

### One to One parent support

Face to face or virtual sessions; tailored to meet your individual needs and circumstances, working with one of our dedicated parent support officers.

### Relate Referral

Through Parentline's partnership with Relate we can make referral for up to 10 sessions with Relate counsellors.

## Who are Parentline?

Parentline NI is Northern Ireland's helpline for parents and carers, funded by the Health and Social Care Board.

We are a team of experienced staff passionate about listening to and supporting parents and carers today.

Most importantly we are a caring, non-judgemental ear to listen and voice to support or guide you whatever your circumstances.

## Our Mission Statement

Every parent will feel valued, respected and nurtured on every call and are encouraged to both spend time connecting with their children and treating themselves with care and compassion.

## We are HERE....

### Parent Workshops

We deliver a range of workshops on parenting topics and areas of interest.

### Parentline Podcast

Podcast hosted by Kerry McLean, chatting all things parenting. Available through all podcast platforms and free to listen.

### Resources

We have a range of parenting resources covering a wide range of topics available to share on request.

### Web-Chat

[ci-ni.org.uk/parentline](http://ci-ni.org.uk/parentline)

For information on what we can offer, give us a call  
**0808 8020 400**

### ALL scenarios... ANY question BIG or small...

My teenager has no respect for me, what can I do?  
How much sleep does my toddler need?  
How do I keep my child safe online?

My child gets upset every morning at the school gates, what can I do?  
How can I talk to my teen about safe sex?

My child has been waiting for ASD assessment and we are finding it hard...  
I am worried about managing money over school holidays..  
My child hits out, what do I do?

I am due back to work and need childcare, where do I start?

How do I tell my children we are separating?  
Is it normal if....?

I don't know where to start....

## Parents have said...

"You definitely changed my mindset and understanding of my daughters behaviour this past couple of years after speaking to you, and for that I am very grateful."

"You will never understand how much our first conversation meant to me or what it has done.. so thank you"

"Thank you, you have really been there for me"

"It was really lovely for me to have our chat this morning, you have given me a lot of reassurance, thank you."

"It's just so helpful to have a calm voice at the end of the phone"

## Get in touch



We are here for you;  
0808 8020 400  
Monday -Thursday 9am-9pm  
Friday 9am-5pm  
Saturday 9am-1pm

webchat; [ci-ni.org.uk](http://ci-ni.org.uk)  
email; [Parentline@ci-ni.org.uk](mailto:Parentline@ci-ni.org.uk)  
Facebook; ParentlineNI

...lets talk