family action | Family Line

FamilyLine

Free support and guidance on all aspects of family life to all family members over the age of 18 across England and Wales*.

Helpline, Befriending and Counselling support via telephone, email and text message.
Mon - Fri 10am to 2pm then 6pm to 10pm.
Weekends 10am to 1pm.
Bank holidays - Open as usual except Easter Sunday, Christmas day, Boxing day and New Year's day.

Call: 0808 802 6666
Text: 07537 404 282
familyline@family-action.org.uk
www.family-action.org.uk/familyline

* We will refer anyone under the age of 18 to the relevant services required.

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