



County Durham Families Information Service



YoungMinds - Parents Helpline

We offer confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

When is it on?

Session information Monday to Friday: 9.30am - 4.00pm

Who to contact

Contact position Helpline
Telephone 0808 802 5544
E-mail parents@youngminds.org.uk
Website www.youngminds.org.uk/.../parents

Other details

Cost description Helpline is free for mobiles and landlines.

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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