

Advice Helpline for Parents

YoungMinds Parents Helpline

YoungMinds Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25.

You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

YoungMinds trained advisers are available to give parents help and advice, whatever the question.

Call the Parents Helpline its free Mon-Fri from 9.30am to 4pm – available in England, Scotland, Wales and Northern Ireland.

Phone: 0808 802 5544

Calls may be recorded for monitoring or training purposes.

Outside of the Parents Helpline hours

Out of operating hours, you can contact the Parents Helpline via YoungMinds online contact form: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>