



Family Lives Helpline

Free* **confidential helpline** for advice, information and support on any aspect of parenting and family life.

0808 800 2222 Mon-Fri 9am-9pm
Sat-Sun 10am-3pm

Family Lives provides advice on any aspect of parenting such as alcohol abuse, drugs and much more. Listening, supportive and non- judgemental.

Visit the website for further information
www.familylives.org.uk



Family Lives Helpline

Free* **confidential helpline** for advice, information and support on any aspect of parenting and family life.

0808 800 2222 Mon-Fri 9am-9pm
Sat-Sun 10am-3pm

Family Lives provides advice on any aspect of parenting such as alcohol abuse, drugs and much more. Listening, supportive and non- judgemental.

Visit the website for further information
www.familylives.org.uk



Family Lives Helpline

Free* **confidential helpline** for advice, information and support on any aspect of parenting and family life.

0808 800 2222 Mon-Fri 9am-9pm
Sat-Sun 10am-3pm

Family Lives provides advice on any aspect of parenting such as alcohol abuse, drugs and much more. Listening, supportive and non- judgemental.

Visit the website for further information
www.familylives.org.uk



Family Lives Helpline

Free* **confidential helpline** for advice, information and support on any aspect of parenting and family life.

0808 800 2222 Mon-Fri 9am-9pm
Sat-Sun 10am-3pm

Family Lives provides advice on any aspect of parenting such as alcohol abuse, drugs and much more. Listening, supportive and non- judgemental.

Visit the website for further information
www.familylives.org.uk



Family Lives Helpline

Free* **confidential helpline** for advice, information and support on any aspect of parenting and family life.

0808 800 2222 Mon-Fri 9am-9pm
Sat-Sun 10am-3pm

Family Lives provides advice on any aspect of parenting such as alcohol abuse, drugs and much more. Listening, supportive and non- judgemental.

Visit the website for further information
www.familylives.org.uk



Family Lives Helpline

Free* **confidential helpline** for advice, information and support on any aspect of parenting and family life.

0808 800 2222 Mon-Fri 9am-9pm
Sat-Sun 10am-3pm

Family Lives provides advice on any aspect of parenting such as alcohol abuse, drugs and much more. Listening, supportive and non- judgemental.

Visit the website for further information
www.familylives.org.uk



The National Association for Children Of Alcoholics

You are not alone. Remember the 6 "C"s:

- I **DIDN'T CAUSE** it
- I **CAN'T CONTROL** it
- I **CAN'T CURE** it
- I **CAN TAKE CARE** of myself
- I **CAN COMMUNICATE** my feelings
- I **CAN MAKE HEALTHY CHOICES.**

Call the free helpline to talk to someone:

0800 358 3456

Email: helpline@Nacoa.org.uk



The National Association for Children Of Alcoholics

You are not alone. Remember the 6 "C"s:

- I **DIDN'T CAUSE** it
- I **CAN'T CONTROL** it
- I **CAN'T CURE** it
- I **CAN TAKE CARE** of myself
- I **CAN COMMUNICATE** my feelings
- I **CAN MAKE HEALTHY CHOICES.**

Call the free helpline to talk to someone:

0800 358 3456

Email: helpline@Nacoa.org.uk



The National Association for Children Of Alcoholics

You are not alone. Remember the 6 "C"s:

- I **DIDN'T CAUSE** it
- I **CAN'T CONTROL** it
- I **CAN'T CURE** it
- I **CAN TAKE CARE** of myself
- I **CAN COMMUNICATE** my feelings
- I **CAN MAKE HEALTHY CHOICES.**

Call the free helpline to talk to someone:

0800 358 3456

Email: helpline@Nacoa.org.uk



The National Association for Children Of Alcoholics

You are not alone. Remember the 6 "C"s:

- I **DIDN'T CAUSE** it
- I **CAN'T CONTROL** it
- I **CAN'T CURE** it
- I **CAN TAKE CARE** of myself
- I **CAN COMMUNICATE** my feelings
- I **CAN MAKE HEALTHY CHOICES.**

Call the free helpline to talk to someone:

0800 358 3456

Email: helpline@Nacoa.org.uk



The National Association for Children Of Alcoholics

You are not alone. Remember the 6 "C"s:

- I **DIDN'T CAUSE** it
- I **CAN'T CONTROL** it
- I **CAN'T CURE** it
- I **CAN TAKE CARE** of myself
- I **CAN COMMUNICATE** my feelings
- I **CAN MAKE HEALTHY CHOICES.**

Call the free helpline to talk to someone:

0800 358 3456

Email: helpline@Nacoa.org.uk



The National Association for Children Of Alcoholics

You are not alone. Remember the 6 "C"s:

- I **DIDN'T CAUSE** it
- I **CAN'T CONTROL** it
- I **CAN'T CURE** it
- I **CAN TAKE CARE** of myself
- I **CAN COMMUNICATE** my feelings
- I **CAN MAKE HEALTHY CHOICES.**

Call the free helpline to talk to someone:

0800 358 3456

Email: helpline@Nacoa.org.uk