



family  
action

# Because we all need a listening ear sometimes.

If you're feeling overwhelmed, worried or upset about any aspect of your family life, FamilyLine is here for you.

Offering emotional support, information and guidance on all kinds of family issues.

## FamilyLine:



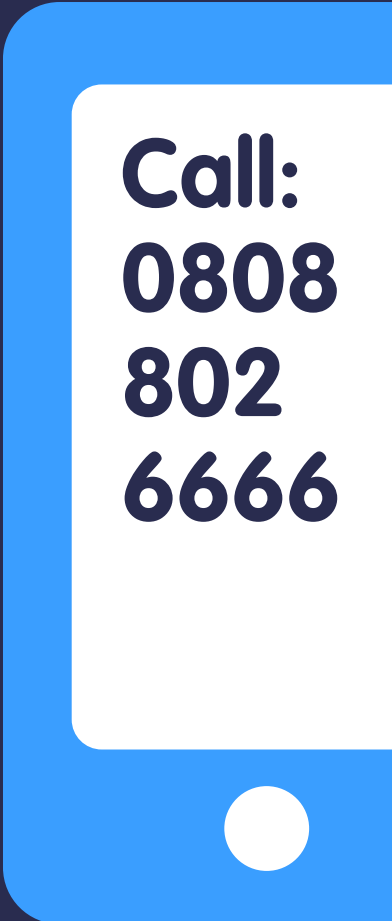
0808 802 6666



Text support: 07537 404 282



familyline@family-action.org.uk



Call:  
**0808  
802  
6666**

A free service for those aged 18+. Trained volunteers and staff offering emotional support, information and guidance on all kinds of family issues: relationships, conflict, parenting, caring, financial worries and more.

**[www.family-action.org.uk](http://www.family-action.org.uk)**