

# Children's Help and Advice Team (CHAT) Herefordshire



A new helpline has been launched for Herefordshire families that need some extra support.

The Children's Help and Advice Team (CHAT) phone line is aimed at families and young people who are finding family life or being a parent hard to manage or they just need someone to talk to and a helping hand.

The CHAT team can offer support, advice and guidance for families on the following topics:

- Family relationships
- Challenging behaviours
- Housing and financial matters
- Emotional and mental health worries
- Keeping your child safe (on-line and in the community)
- Child well-being and development
- Any issue affecting you and your family

Families and young people can call the CHAT team on 01432 260261 and speak with an experienced supporting families advisor.

The line is open from 9.00am to 4.45pm, Monday to Friday.