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Family Lives newsletter

We build better family lives together



Welcome to our newsletter. If you need support or advice, call our helpline on 0808 800 2222, message us via WhatsApp on 07441 444125, email us at askus@familylives.org.uk or you can chat to us online via our [live chat service](#). You can also visit our [online forum community](#) to share dilemmas, experiences and issues with others who understand the ups and downs of family life.



Cat and Ben shine a light on Family Lives' support for families

Watch Cat Deeley and Ben Shepherd from ITV's This Morning talk about how Family Lives can support you and your family. Whatever problem your family is facing, speak to a real person today. Call the Family Lives helpline on 0808 800 2222 or message us on WhatsApp at 07441 444125. **Whatever your family is going through, help is just a phone call away.** Every share, every like, every mention can bring that support one step closer to someone who really needs it.

Watch our video on YouTube and help us reach more families



Supporting your teen during exam season

Exam season can be an overwhelming and tense period for young people. As a parent or carer, your support can make a huge difference. Be present, listen to their concerns, and encourage open conversations about their worries. Create a peaceful study environment and remind them to take breaks, ensuring they maintain a healthy balance between work and rest.

[Read our advice to help support your teen during exams](#)



Parenting when you have a mental health condition

Everyone will have their own set of challenges and rewarding moments when it comes to being a parent or carer. If you are parenting while managing a mental health condition, it can be especially tough. Getting support can make a significant difference to your mental health and can have a positive effect on your family too.

[Read our article for advice and further support](#)

emotional wellbeing challenges. Whether experiencing loneliness, low confidence, or a sense of powerlessness, our team of peer support workers, drawing on their own lived experiences, offers emotional, practical, and social support. Through compassionate listening, understanding, and creating positive peer connections, we help people regain stability and confidence in their lives.

Find out more about this service in North Lincs



Free online parenting courses

Our [free online parenting courses](#) are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. We have a range of courses for all ages and stages of parenting including our new co-parenting after a divorce or separation course. Our courses can help you feel more confident in your family life.

Bullying and mental health

If your child or teen has experienced bullying, you may be worried about their mental health. Encouraging them to talk about how they are feeling can feel overwhelming or scary. Let them know they don't have to cope on their own and you are there for them.



Read our advice to help get the conversation started

Need support navigating family life and parenting?

Our online forums are a safe space for parents and carers to connect and share experiences with others who have faced similar situations. Our forums cover a wide range of topics. Our forums are moderated by trained family support workers.

Join the conversation and sign up for our forum today

Have you seen our [YouTube channel](#)? We have lots of videos on all ages and stages of parenting from early years to teenagers on a wide range of issues.

If you need to talk, we're here to listen

Families are facing many struggles and it may feel like it is coming in at every angle. Trying to manage this and parenting children can be really difficult. Our trained family support workers can give you the space to talk, helping you to explore your situation and identify the way forward. Call us on 0808 800 2222, message us via WhatsApp on 07441 444125, email us at askus@familylives.org.uk or visit our website to use our live chat service.

We are always looking for ways to improve our newsletter, so if you have any suggestions or comments, we want to hear from you. Email us at familylives@familylives.org.uk.

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