

A photograph showing a woman in a light blue shirt and a young girl in a red shirt sitting on a grey sofa in a kitchen. They are both looking at a smartphone held by the girl. The background shows a kitchen counter with various items and a white refrigerator.

Is your child struggling with their emotional and mental health?

The Cardiff & Vale Parent Carer Wellbeing Support Service can help you and your family

We can offer support, advice and a listening ear to help you to regain some balance, look after yourself and feel better equipped to support your child. We can provide:

- Advice, guidance and signposting to services that might help you with specific issues
- Online parenting courses and Family Lives helpline
- Drop in sessions
- Online forum to meet other parents and carers
- Short groupwork courses
- 1:1 support from trained parent volunteers for a 6-8 week period

For more information about this service, please email CharlotteW@familylives.org.uk or call on 07739 788115

We build better family lives together

www.familylives.org.uk

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WALES

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Cardiff and Vale
University Health Board

CYPF PPIT



Emotional Wellbeing
& Mental Health
Lles Emosïynol ac
Iechyd Meddwl