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## Family Lives

### Organisation details

#### Description of activity

Family Lives provides targeted early intervention and crisis support to families. If you need to talk, we're here to listen.

Call us free for emotional support, information, advice and guidance on any aspect of parenting and family life.

You can contact email us about any parenting or family issue. Please note we are unable to respond to legal or medical issues, and we are not connected to social services.

### Contact details

#### Telephone

0808 800 2222

#### Email address

[askus@familylives.org.uk](mailto:askus@familylives.org.uk)

#### Website

<https://www.familylives.org.uk/>

### Social media links

#### X link

<http://www.twitter.com/familylives>

#### Facebook link

<https://www.facebook.com/familylives>

### Availability details

#### Days and times of activity / opening

Monday	from 09:00	to 21:00
Tuesday	from 09:00	to 21:00
Wednesday	from 09:00	to 21:00
Thursday	from 09:00	to 21:00
Friday	from 09:00	to 21:00
Saturday	from 10:00	to 15:00
Sunday	from 10:00	to 15:00