

**Bringing up  
children can be  
tough at times.**

**You are  
not alone.**



Money  
worries

Mental  
health

Bullying

Toddler  
tantrums

Social  
media

Relationships  
School



**Children First support line**

**Call free: 08000 28 22 33 Webchat: [childrenfirst.org.uk](https://www.childrenfirst.org.uk)**