

Children 1st

**Parentline**  
Online | Helpline | Lifeline

**Coping through  
Coronavirus**



**We're here  
for you**



**Speak to Parentline for:  
calm, practical, advice;  
emotional support;  
space to talk.**

**children1st.org.uk/parentline  
call free 08000 28 22 33**



**Whatever happens, we're here for you.  
7 days a week, 365 days a year.**

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