

Information for  
parents and carers

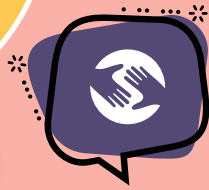


It takes **'ALL OF US'** to raise healthy, happy children.

Looking after a child is not always easy and we all need help from time to time. You may be facing more challenges because of your circumstances or things beyond your control. This might include bereavement, disability, poor mental health or living far away from your family.

**Speak up if you need extra help.**

**Get advice NSPCC Helpline 0808 800 5000**



## When to get help

Seeking support early can help prevent further problems with your child's health and development. If you're finding it hard to provide any of your child's needs, please contact us for help. Every young person needs:

- warm, clean clothing
- having enough to eat or drink
- a warm, dry home
- protection from danger
- love and care from parents
- access to healthcare
- support with education



## About us

All of us is a partnership working in Edinburgh to raise awareness of neglect and help ensure that we all know where to turn for help with parenting or if we have concerns about a child. It involves the Edinburgh Child Protection Committee and NSPCC Scotland.



## What can I do?

For parenting advice and support contact: **NSPCC helpline** on **0808 800 5000**.

We understand the problems that families and children face, and our team will help you get the advice or support you need. The helpline is open - Monday - Friday, 8am to 10pm, Weekends, 9am to 6pm.

You can also call Social Care Direct at the City of Edinburgh Council, on **0131 200 2324**  
**[www.edinburgh.gov.uk/socialcaredirect](http://www.edinburgh.gov.uk/socialcaredirect)**

You can also speak to your health visitor, GP or your child's school. They can advise you on what help is available to you.



**Get advice NSPCC Helpline 0808 800 5000**



Call 0131 242 8181 and quote reference 19-5308

