

## Support for Families

- [Association of British Investigators](#) Tracing service. See also Tracing
- Both Parents Forever  
Informal organisation giving advice and support for children, parents and grandparents and extended family on rights, children's rights following divorce/separation. Tel 0168 9854343
- **[CAFCASS](#) (Children and Family Court Advisory and Support Service) Publications for adults (including parenting plan) young children, older children and young people.**  
**Tel 0844 3534332**
- [Child Maintenance Choices - Northern Ireland - www.nidirect.gov.uk/choices](#) - Telephone helpline providing impartial information and support about the different options for child maintenance to those living in Northern Ireland
- [Families Need Fathers](#)  
Families Need Fathers - Provides information & support to parents. National Helpline 0300 0300 363
- [Family Action](#) Provide practical, emotional and financial support for families. Tel: 020 7254 6251 (2pm to 4pm on Wednesday and Thursday only)
- [Family Lives \(formerly Parentline Plus\)](#)  
Offers freephone helpline for those concerned about children they are caring for. 24 hour Helpline Tel 0808 800 2222
- [Family Mediation Helpline](#)  
General info on family mediation. Info and advice on eligibility for public funding. Tel 0845 6026627
- [Family Mediators Association](#) **Tel 01355 244 594**
- [Fatherhood Institute](#)  
National Information service for fatherhood and exists to promote close and positive relationships between men and their children. Tel 0845 634 1328
- [Gingerbread](#)  
Main support system for lone parents - self-help groups & advice line. Tel 0808 802 0925
- [Grandparents Plus](#) National charity primarily providing advice to Kinship Carers and to anyone thinking of taking on the care of someone else's child/ren. Although they are not able to provide individual advice through their advice service regarding lost contact, they do have some information which may be helpful <https://www.grandparentsplus.org.uk/lost-touch-with-grandchildren> They also have a lawyers list for anyone needing legal advice about lost contact. There is also some helpful support and information through **Gransnet** and the following may be helpful - <https://www.gransnet.com/grandparenting/how-to-cope-with-estrangement> The charity **Family Lives** should be able to provide emotional support regarding lost contact and they can be contacted on 0808 80 2222 (see above for link)
- [Homestart UK](#) Support provided to families in their homes. Information Line
- [Lone Parent Helpline](#)  
Information and free publications on the key issues faced by lone parents. Advice on

maintenance, benefits, legal rights and childcare. Tel 0800 018 502 (England) 0808 801 0323 (Scotland)

- [Mankind Initiative](#)  
Advice and support for male victims of domestic violence and domestic abuse. Tel 01823 334244
- [Marriage Care](#)  
Helps people prepare for, achieve and sustain successful marriages and provides support if marriages break down. Tel 0207 371 1341
- [Match \(Mothers Apart from their Children\)](#)  
Self-help support for mothers
- [Maypole](#)  
Developed by women who have experienced separation, divorce and the family court system, and want to help other women going through the process now.
- [Money Advice Service](#) Free and impartial money advice.
- [National Centre for Domestic Violence](#) - offers free injunction service (non molestation orders, occupation orders and prohibited steps orders). Tel 0800 970 2070
- [National Domestic Violence Helpline](#)  
National Domestic Violence Helpline run by Women's aid and Refuge - Offers support, help and information (including hostel information). Free 24 hour helpline Tel 0808 2000 247
- [National Family Mediation Association of local family mediation services helping couples resolve contact arrangements for children.](#) Tel 0300 4000 636
- [National Missing Persons Helpline](#)  
Helpline for relatives and friends concerned about missing persons. Freephone for missing persons 0800 700 740
- NHS - Every Mind Matters - search for top tips on looking after your mental health
- [Norcap](#)  
Supports adults affected by adoption. Helpline tel 01865 875000
- [NSPCC](#)  
Information and advice for anyone concerned about or risk of child abuse. Helpline 0808 800 5000
- [Only Dads.](#) The web site for dads going through separation or divorce
- [Only Mums.](#) **OnlyMums** and **OnlyDads** work in close partnership with professionals nationwide to bring you practical, up-to-date information, guidance and sign-posting on separation and divorce.
- [Parent Connection](#) **Help for parents who are either going through separation or who are struggling with issues associated with parenting after parting.**
- [Family Lives \(formerly Parentline Plus\)](#)  
Offers Freephone helpline for those concerned about children they are caring for. 24 hour Helpline Tel 0808 800 2222
- [Prisoners' Family Helpline](#)  
Information and support for anyone with a relative or friend in prison. Tel 0808 808 2003

- [Relate](#)  
Provide education and counselling training programme. Relationship counselling organisation. Tel 0300 100 1234.
- [Reunite](#)  
Practical advice and info on parental child abduction & international custody disputes. Advice line tel 0116 2556 234
- [Resolution](#)  
**Resolution is a group of over 6,500 family lawyers and professionals in England and Wales. It promotes a non-confrontational, constructive approach to resolving family disputes.**
- [Safe Networks](#)  
This is a joint partnership between NSPCC and Children England. The Standards are designed to help non-statutory organisations put in place clear safeguarding arrangements for children and young people
- [Salvation Army](#)  
Family Tracing - for children to find family members only, also prison work. Tel 0845 634 4747
- [Samaritans](#)  
Provide confidential emotional support to any person who is in emotional distress or at risk of suicide. Tel 116 123
- [Saneline](#)  
Meeting the challenge of mental illness - aims to support anyone affected by mental illness. Tel 0845 767 800.
- [Separated Dads](#)  
Emotional, financial and legal help and support.
- [Shared Parenting Action Network](#)  
Promotes responsibility shared parenting after separation and divorce
- [Single Parent Action Network](#)  
UK wide network of self-help groups. Tel 01179514231
- [TimeWith](#) Company connecting people with local counsellors and psychotherapists
- [Tracing: Association of British Investigators](#)  
Look 4 them. Joint initiative of seven organisations set up to give help and advice
- [Tracing - help me find](#)  
Free web based service providing help for families, relations and friends. Confidential service.. Details not passed on until security checks are complete.
- [Turn2Us](#) National Charity providing advice on grants and benefits. Also have 'Response Fund' (on application) which offers support if relationship breakdown is in last 12 months
- [Voices in the Middle.](#) Advice and support for young people whose parents are splitting up. Advice for parents on talking to and supporting teenagers during divorce and separation.
- [Young Minds](#)  
Children/young people's mental health information service for parents. Tel 0808 802 5544

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**[NACCC Accredited-1665/2](#)**

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