



# HELP

A four letter word you shouldn't be afraid of.

Call 0808 800 5000

**Being a parent isn't always easy.**

If you're struggling, the NSPCC can help. Friendly advice and support is just a phone call away. Call 0808 800 5000. We're here 24/7.

In partnership with



**NSPCC**   
Cruelty to children must stop. **FULL STOP.**