

**Are you a parent, carer or guardian living in the borough of Croydon and struggling with your or your young person's mental health?**



**Help Is At Hand (HIAH) is here to support you.**

**HIAH** is a phone based service that offers immediate crisis support for parents, carers and guardians without having to leave their homes. Our experienced team will assist with the immediate mental wellbeing of any parent or carer and provide a focus, to better understand how they can manage themselves, their young person or their child.

Our phone lines are open from 12pm to 6pm, Monday to Friday

**07592 037 823**

Alternatively you can contact us via email on: [outreach@croydondropin.org.uk](mailto:outreach@croydondropin.org.uk)

**You Talk, We Listen**