Bringing up children can be tough at times.

You are not alone. Our support line is here for you.

Every day we hear from parents and carers from across Scotland that raising their babies, children and teenagers is harder than ever. Many feel overwhelmed and at a loss, not knowing where to turn for support.

All stages of growing up bring their own unique challenges. From baby milestones to toddler tantrums. Making friends to bullying. Struggles at school to coping with exams. Mobile phones to harmful online content. Social media to peer pressure. Bonding with your baby to understanding teenagers. The list is endless and it can be exhausting!

Across Scotland, children's mental health is suffering. To make matters worse, a staggering one in four children in Scotland are living in poverty. Feeling isolated and alone, thousands of parents and carers are stressed every day just trying to make ends meet. Too many are struggling to provide the basics for their children, put food on the table and keep them warm.

Do any of these challenges sound familiar?

If you are struggling, feeling overwhelmed, have a feeling that something isn't quite right or just need to hear a friendly voice, please get in touch.

We've been supporting children for over 140 years and have been trusted by thousands of parents and carers to help them get through the toughest of times and keep young people safe and well.

Every year, we help put millions of pounds back into the pockets of families who desperately need it by helping them claim the benefits and entitlements they are due. Families describe it as life changing.

We all need a little help at times.

There is no such thing as a perfect family.

You'll get through to one of our kind and understanding advisers. Whatever challenges you are facing, no matter how big or small, we can help.

Our support line offers **emotional**, **practical** and **financial** help.

Worried about a child in your community?

We all need to look out for children who may be at risk of experiencing abuse or neglect. Children can't protect themselves and they need our help to stay safe.

If you have concerns about a child's wellbeing it can be difficult to know what to do. Please don't leave it to chance. Our support line will listen and help you work through what's best for the child.

Our priority is to protect children and help families get the support they need. We're here for all Scotland's children and we're here for you.

If you think a child is in immediate danger, you should contact the police by ringing 999.

SUPPORT LINE CALL FREE: 08000 28 22 33

WEBCHAT: CHILDRENFIRST.ORG.UK

CHILDREN FIRST Protecting Scotland's Children