

Useful contacts

Below is a list of organisations that may be able to provide you with additional assistance in resolving your differences and/or providing support.

For children and young people

www.childline.org.uk or call Childline's free 24 hour helpline on 0800 111. Lines are often busy so please keep trying and you will get through. Childline is a free, private and confidential service that provides lots of information including advice on living as part of a stepfamily.

www.cafcass.gov.uk Cafcass looks after the interests of children in family courts. If your parents are going to court because they can't agree on who will look after you, visit the children's section of the Cafcass website.

www.divorceaid.co.uk/child/children.htm - the children's section on this site is all about divorce. It discusses your emotions and has details of helplines, online advice, useful sites and books.

<https://www.nyas.net/helpline> National Youth Advocacy Service provides advice and information for young people, including free legal advice by telephone or email.

www.youngminds.org.uk visit the children and young people's pages on this website for help and advice.

For Parents

There is helpful information for parents as well as children and young people on the websites detailed above in addition to those listed below.

<http://www.familylives.org.uk/> provides information, an online community and a range of publications for all parents.

<https://www.mumsnet.com/> has a number of useful articles that can be easily found through its search bar.

www.fatherhoodinstitute.org Fatherhood Institute describes itself as the UK's Fatherhood Think Tank. The website has a lot of useful information and links for fathers and a section for separated fathers.

General Advice

www.relate.org.uk Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support. You can talk to a trained relationship counsellor online for free via their website.

<https://www.familymediationcouncil.org.uk/> is made up of national family mediation organisations in England and Wales and has a useful search function to find a local mediator.

www.resolution.org.uk Resolution is an association representing thousands of family lawyers committed to the constructive resolution of family disputes. The site contains lots of useful advice and information on how to find a local specialist family solicitor. Boys & Maughan are members of Resolution.

<https://www.gov.uk/child-maintenance/contact> The Child Support Agency (CSA) provides advice and information on the statutory child maintenance schemes and ensures that parents who live apart meet their financial responsibilities to their children by calculating and collecting child maintenance payments.

<https://www.citizensadvice.org.uk/> Citizen's Advice (formerly known as Citizens Advice Bureau) Citizens' Advice has offices across the country and can help with a broad range of issues, from debt advice to

housing and lots of things in between. The website also has a link to information specific to separation and divorce. Local offices are often busy but don't give up and use the website for general help.

www.nationaldebtline.org.uk are providers of free, confidential advice on any debt issues. Tel: 0808 808 4000.

www.advicenow.org.uk is the website of Advice Now, an organisation offering advice on a huge range of subjects, from benefits, to divorce, to dealing with bailiffs.

www.direct.gov.uk is the Government website. Use the search bar for information and help on a range of parenting issues, as well as money, tax, benefits and mortgages amongst many topics.

www.moneyadvice.service.org.uk is a UK-wide service offering advice online, via telephone and through a network of money advisers.

www.womensaid.org.uk is a website offering help and advice for female victims of domestic abuse. Tel: 0808 2000 247.

www.mensadvice.org.uk a website offering advice and help for male victims of domestic abuse. Tel: 0808 801 0327.

The contents of this fact sheet are general principles and do not constitute legal advice. Every case is different.

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