



Together Talks

**It's okay to feel overwhelmed
with family life.**

EARLY HELP TELEPHONE BEFRIENDING SERVICE

**If you need to talk about problems
at home, we offer positive support
and someone to listen.**

**Your Early Help Coordinator or Lead
Practitioner can refer you to our service.**

Our telephone befriending service has partnered with Early Help to provide additional support to families in the Bradford District.

FREE telephone support from dedicated and trained volunteer befrienders, who will offer support with:

- **Linking to your local community interests and activities**
- **Relocation**
- **Balancing your own needs with your children's needs**
- **Improving your quality of life and encouraging you to realise your potential**
- **Finding the support solutions you need e.g. schools, shopping and DWP**
- **Bringing calm to your everyday life**

And much more...