

COOL WITH CHANGE: YOUNG PEOPLE AND FAMILY CHANGE

"Well I was having a really hard time, I really felt really bad... em, my dad's girlfriend put me into a meeting thing with a person and he talked to me and I just feel since then, I just figure it out, and you've got to get on with your life"

(Lindi, 15)



centre for research on
families and relationships

www.crfr.ac.uk/coolwithchange

If you're looking for help and support because of family problems, here are some useful agencies:

For children and young people

ChildLine - www.childline.org

ChildLine is the free helpline for children and young people in the UK. Children and young people can call us **to talk about any problem** – our counsellors are always here to help you sort it out.

0800 1111

It's not your fault - www.itsnotyourfault.org

If you're going through a family break-up you might be feeling sad and confused. This website is for children like you, to help you understand and feel a bit better.

For families

OktoAsk - www.oktoask.co.uk

OktoAsk is the free, confidential, telephone helpline for anyone caring for a child in Scotland. You can call about any problem, however big or small.

0808 800 2222

Family Mediation Scotland

Stepfamily Scotland

Relate Scotland

Scottish Marriage Care

One Parent Families Scotland

www.familymediationscotland.org.uk

www.stepfamilyscotland.org.uk

www.relatescotland.org.uk

www.scottishmarriagecare.org

www.opfs.org.uk