

Coram Family Lives

Coram Family Lives understand how family life and parenting can be challenging. They know that the right support at the right time makes all the difference. That's why they offer a comprehensive suite of resources, including a national helpline, online chat, WhatsApp support service, free online parenting courses and a resource-rich website. The issues they support families with include family breakdown, challenging relationships, behaviour of children and teens, neurodiversity, emotional wellbeing and more. ?If you are worried about your child, your teen or your family life, you can message Coram Family Lives on WhatsApp or call the helpline and speak to a real person. ?

Last updated: September 21, 2026

Website: www.coramfamilylives.org.uk

Helpline: 0808 800 2222

Helpline

Mobile: 07441 444125

Email: askus@coramfamilylives.org.uk

Twitter: https://x.com/Coram_FL

Facebook: <https://www.facebook.com/coramfamilylives>

Youtube: <https://www.youtube.com/@CoramFamilyLives>

Opening Hours: Monday to Friday - 9am to 9pm
Saturday & Sunday - 10am - 3pm

Cost: Free

Address:

Coram Campus
41 Brunswick Square
London
WC1N 1AZ