

## An overview of our services

We provide support, advice and information for families with disabled children.

### Freephone helpline

Our freephone helpline for parents and professionals across the UK is staffed by trained parent advisers. It gives information and advice on a wide range of issues including welfare rights, education, short breaks, local services and local support. [More about our helpline.](#)

### Publications

We produce a wide range of publications including newsletters, parent guides and research reports, helping parents and professionals to stay informed. [Browse our publications.](#)

### Medical information

We produce the *Contact a Family Directory* - the essential guide to medical conditions and disabilities with information on 440 conditions and related support. Each entry provides an overview of the condition with details of support groups where available. [Medical information.](#)

### One-to-one support

We offer both practical and emotional support on a one-to-one basis to families with disabled children, through our family support service, volunteer parent representatives and through our local offices. [More about family support](#)

### Local, regional and national offices

Contact a Family has a number of offices around the UK providing local newsletters, information, workshops and support. [More about Contact a Family offices in your area](#)

### Campaigning

Contact a Family campaigns to improve the circumstances of families with disabled children and their right to fully participate in society. [More about our campaign work](#)