



Are you a mother, father, or guardian in need of emotional support? Parentline can help! Parentline is a free service that offers a safe place to speak with VIA LINK professionals who can offer you a confidential space to talk or connect you to available resources.

Parentline is available 24 hours a day, 7 days a week. Call or text today to get support. You are not alone.

Call 1-833-522-4453

or

Text 225-424-1533

Visit vialink.org/preventing-child-abuse/ to learn more.



**Because Life Is Not Always
Picture Perfect**