



1-855 -4A PARENT
(1-855-427-2736)

Asking for Help is a
Sign of Strength®

www.nationalparenthelpline.org

Operated by Parents Anonymous® Inc.

THE NATIONAL PARENT HELPLINE® NEW RESOURCE FOR LOS ANGELES COUNTY FAMILIES

Where can a parent turn to get emotional support and assistance to develop solutions to raising their children? Parents Anonymous® Inc. is excited to introduce you to the new National Parent Helpline®. This toll-free service at 1-855-4A PARENT (1-855-427-2736) and website (www.nationalparenthelpline.org) are designed to build on the strengths of families. Helpline Advocates are available for callers in English and Spanish, Monday-Friday from 10AM-7PM PST, to provide parents and caregivers with emotional support and referrals, resulting in the empowerment of parents and caregivers nationwide. The website has comprehensive parenting resources and a bulletin board for parents and caregivers to share their leadership experiences to create caring communities and help others. There are also links to Facebook, Twitter and YouTube.

Parents Anonymous® Inc. welcomes the opportunity to partner with the Los Angeles County Department of Mental Health and other Los Angeles County service providers by:

- Referring parents and caregivers who are looking for emotional support, referrals and other connections
- Including Los Angeles County Department of Mental Health resources on the National Parent Helpline® website.

After calling the National Parent Helpline®, one parent stated, "What a wonderful resource to have anytime that you feel that you need help. As a parent, knowing that I have somewhere to turn in a moment of need is so important and comforting."

Every call to the National Parent Helpline® is answered by a trained Helpline Advocate who provides:

- Emotional support through a non-judgmental approach and active listening to achieve parent empowerment.
- Parenting information to assist in finding practical solutions to parenting concerns:
 - Online resource library for appropriate referrals
 - Transfer for emergency or crisis response

- Linkage to Parents Anonymous® weekly Adult support groups and Children and Youth Programs and other services where appropriate
 - Access to parenting publications
- Social support by connecting callers to an online network of parents and caregivers committed to taking a proactive approach to their health, their children's well-being, and the holistic development of their family.

Since 1969, Parents Anonymous® Inc. has implemented effective strength-based services for millions of families worldwide through shared leadership. For more information, contact Jodi Doane, at 909-621-6184, ext. 210, or via e-mail at jdoane@parentsanonymous.org.

Submitted by Jodi Doane, National Parent Helpline® Operations Manager