



Searching for answers to your parenting questions or concerns?

Visit our website at
parenthelpline.org

Find Tips and Resources

Parent Information
Build Strong Families
School Readiness
Bullying
Books
Help for Your Family
Pregnancy & Postpartum Mood
Disorders

Find us on Facebook

*Parent Help Line at St. John's Children's
Hospital.*

Discuss issues. Ask questions.

Read our Newsletter Online

Download recent and past
newsletters from our website.

Attend our Support Group

*Dealing with Feelings: Pregnancy
and Postpartum Support Group for
Women*

We do not give medical, religious
or legal advice.



Parenting questions or concerns?

Help is just a phone call away.

**Call Parent Help Line
at 217-544-5808 or 1-888-727-5889.**

Parent Help Line's trained volunteer parents:

- Are available on a confidential phone line from 10 a.m. to 10 p.m. 365 days a year.
- Know parenting can be hard.
- Talk to anyone who cares for children – parents, grandparents, relatives, daycare providers, teachers.
- Listen without judging.
- Offer support.
- Assist you as you think through problems.
- Help you find agencies and people in the Springfield, IL area who can help.

They do not give medical, religious
or legal advice.

