

**PARENTS!**  
**ARE YOU FEELING**  
**ALONE? SCARED?**  
**OVERWHELMED?**  
**FED UP? HOPELESS?**  
**WE'RE HERE TO HELP YOU!**



*CALL US ANYTIME!!*

# Parent Helpline

**1-800-942-HELP** (4357)

- 24-Hour Parent Support & Crisis Intervention
- MI Statewide Parenting Information & Referral
- Child Abuse and Neglect Information & Reporting
- **ALL CALLS ARE CONFIDENTIAL**

**We can Help. Call us at**  
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