London Borough of Redbridge

Educational Psychology Parent Helpline

Would you like to talk to someone about difficulties that you or your child are experiencing during the COVID-19 pandemic? Do you need some support with creating a daily routine for your child while schools are closed? Are you concerned about your child's emotional wellbeing? Are you struggling to motivate your children at home or manage sibling relationships? The Educational Psychology Service are here to support you.

The Redbridge Educational Psychology Service have a **dedicated telephone helpline for parents/carers** where you will receive advice and guidance from a professional psychologist.

The EPS helpline is available for all parents and carers- your child does not need to be known to the EPS, does not need to have a special educational need or additional support within school. We welcome calls from all parents and carers.



EPS Helpline

Telephone: 07741331009

Opening hours:

Monday to Friday from 9am to 5pm and
Wednesday evenings from 5:30pm to 7:30pm

Webpage: Educational Psychology Service