



**One Parent
Families Scotland**

Information for Practitioners

The OPFS Advice and Information Service is not just open to single parents, we also give free advice to practitioners supporting single parents.

**Lone
Parent
Helpline**

 One Parent
Families Scotland

**Call
0808 801 0323**

**We can support practitioners with advice to help
single parents in all aspects of their lives.**

Call free **0808 801 0323**
Join our live webchat: <https://opfs.org.uk/talk-to-us/>
Email us advice@opfs.org.uk

Open Monday – Friday 9.30am – 4pm

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