



Due to the ongoing coronavirus situation not all services and activities listed on this website will be operating as normal. Click here for more information.

Cry-Sis Helpline

We provide emotional support and practical help to families with babies who cry excessively and/or sleep poorly, causing great disruption and concern to their parents.

All members of Cry-sis are themselves parents who have been through similar experiences and fully appreciate how frustrating and depressing a constantly crying or sleepless baby can be.

When is it on?

Time of day	Morning Afternoon Evening
Session information	Seven days per week from 9.00am - 10.00pm.

Who to contact

Telephone	08451 228 669
E-mail	info@cry-sis.org.uk
Website	www.cry-sis.org.uk
Notes	Charity number 295470

Where to go

Address	BM Cry-Sis London
Postcode	WC1N 3XX

Other details

Cost description	Calls to the helpline cost 2 pence per minute plus your call providers access charge.
Referral required?	No

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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