









# Find the support you need at the Families First Portal

**Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.**

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

-  Relationship Support
-  Parenting advice and childcare
-  Money advice
-  Emotional and mental health
-  Domestic abuse support
-  Staying healthy
-  Online Safety
-  SEND Local Offer

*and many other useful links*



[@FamiliesFirstHerts](#)



[@FFHerts](#)

*"I am struggling to cope with everything at present, so feeling overwhelmed."*

*"I'm worried about my child's behaviour in school and at home"*

*"I'm worried about money"*

*"I need reassurance and support"*