



Call us free, Monday-Friday 09:00-17:00

0800 528 0731

A photograph of four children of diverse backgrounds smiling and hugging each other outdoors. The children are in the background, partially obscured by the text and graphic elements.

**In care, living away from home,
have a social worker, care leaver**

**need
help?**

We offer support and advice if:

You're not being heard / You're not happy
where you're living / You're not getting the
help you need / You feel unsafe

help.team@childrenscommissioner.gov.uk

