



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

**0800 528 0731**



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

**need  
help?**

[help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)





## Need help?

If you're a child in care, living away from home, have a social worker or are a care leaver and need advice or support – we're here to help.

### We can help you 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

# We'll take action if you want us to:

We will listen to you

.....

We will help when you need support

.....

We will stand up for you when you need it



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## Get in touch

We'll listen and ask questions to understand what you need so that we can help you.

