



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

**0800 528 0731**



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

**need  
help?**

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





## Need help?

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

### We offer support and advice if:

- You're not getting the right support / You don't feel heard /
- You are being asked to move /
- You are worried about housing or finances /
- You feel unsafe

# We'll take action

We'll give you advice and support to make sure your rights are upheld:

**We will listen to you**

.....

**We will give you expert advice**

.....

**We will advocate for you when you need it**



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## Get in touch

We'll listen and ask questions to understand your situation and views.

