

Children's
COMMISSIONER

help
at
hand

**In care, leaving care, living away
from home, need help?**

0800 528 0731

help.team@childrenscommissioner.gsi.gov.uk



Need help?

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

We offer support and advice if:

you want to make a complaint / you're not getting the right support / you're worried about placement moves, housing, finances or your future / you're not being heard / you feel unsafe



Get in touch

We'll listen and ask questions to understand your situation and views. It's confidential and free!

You can reach us on **0800 528 0731** or **help.team@childrenscommissioner.gsi.gov.uk** between 9am and 5pm, Monday to Friday



We'll take action

We'll give you advice and support. We'll use our influence to make sure your rights are upheld.

We'll do this by:

offering advice when you need information
assistance when you need support
representation when you need someone to listen