

**Children's  
COMMISSIONER**

**help  
at  
hand**

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

**0800 528 0731**

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