

**Please...**  
**make it start**  
**make it change**  
**make it stop**



giving a voice to  
children, young people  
and vulnerable adults

rhoi llais i blant,  
pobl ifanc ac oedolion  
agored i niwed

# Some reasons why children and young people come to us

They...

- want someone to listen to them
- want to have contact with their family
- need help to talk to social services
- want to live somewhere else
- are being told they have to move
- are homeless
- need some advice
- aren't being treated fairly
- are being bullied
- are unhappy at school
- do not feel safe



## Rachel's story

I didn't get on with my mum, I hated my stepfather. I knew I had to get out and one day I left. I stayed with mates on sofas but sometimes it was difficult so I ended up on the streets. I got in touch with social services but they did nothing so then I rang NYAS. They listened to me and got social services to help me.

## Tom's story

Tom aged 11 was placed in a children's home because of abuse and neglect. He wanted somewhere safe to store keepsakes from his grandparents which could never be replaced. He was worried that they would be stolen or destroyed by other children. A NYAS advocate regularly visited the children's home where Tom lived. He noticed that Tom was new and took time to introduce himself to Tom and to explain his role. Tom was able to talk to the NYAS advocate about his worries.

NYAS helped Tom to discuss his worries with the staff at the home and they agreed to address Tom's concerns. Tom's belongings are now stored safely and he has access to them whenever he wants them.



Tear here

Moisten here

# Please contact me

My name is:

My address is:

I can be contacted at:

My phone number is:

My email address is:

Is it safe for us to ring or write to you?

YES

NO

If NO, what is the best way to contact you?

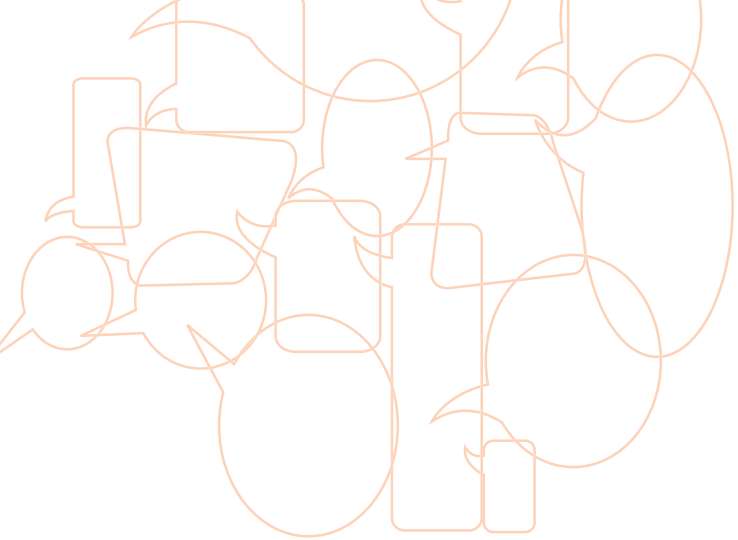
Moisten here

You can put this card into an envelope and address it to:

**FREEPOST NYAS**

You do not need a stamp and we'll contact you as soon as we can.

Moisten here



# **FREEPOST NYAS**

**No  
stamp  
needed!**

**NYAS Helpline**

**0808 808 1001**

Weekdays 9am-8pm, Saturdays 10am-4pm

At NYAS we support children, young people, vulnerable adults, parents and carers, by helping them to be heard. We give confidential and independent advice, information and representation.

Call us: **0808 808 1001**  
**0151 649 8700**

Visit our website: **[www.nyas.net](http://www.nyas.net)**

Email us: **[help@nyas.net](mailto:help@nyas.net)**

Advocacy, confidential  
advice and legal  
representation



## NYAS Helpline

# 0808 808 1001

Weekdays 9am-8pm, Saturdays 10am-4pm

All photographs are posed by models.

Head Office: Egerton House  
Tower Road Wirral CH41 1FN  
Tel. 0151 649 8700

**[www.nyas.net](http://www.nyas.net)**

Charity Registration No. 1012485

