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Help at Hand

Organisation details

Description of activity

If you're in care, leaving care, living away from home or working with social services, we'll give you confidential advice and information about your situation and answer any questions you have. No issue is too big or too small.

We'll also use our influence to help to make sure your rights are being upheld, especially rights to:

Be safe.

Have your views, wishes and feelings heard and taken seriously.

Be involved in decisions about your life, including where you live and where you go to school.

Access the services and help you're entitled to.

You can contact us anonymously

Our service is free and confidential. We make sure we keep the information you share with us private, unless we think you or another child or young person is unsafe – we then may share the information with other organisations that can help protect you.

If we need to share the information with other people who could help, we'll tell you what we're doing and why we've decided to do it.

Contact details

Telephone

Freephone 0800 528 0731

Email address

help.team@childrenscommissioner.gov.uk