



HOW DO I
GET AN
ADULT TO

LISTEN
TO ME?



If you have worries, don't
keep them to yourself.

We are here to listen and
we will try to help

chat at NYAS @ www.onlineyouthclub.org

FREEPHONE HELPLINE FOR YOUNG PEOPLE

0800 616101

Weekdays 8:00am - 8:00pm
Saturday 10:00am - 4:00pm
messages can be left at all other times

Charity No. 1012485



0800 616 101
FREEPHONE



Helping young people!

HOW DO I GET AN ADULT TO LISTEN TO ME?

- i really want to see my dad - who can help that to happen?
- nobody listens to me, but who can get my social worker to understand?
- i dont like what's happening. how do i complain?
- my social worker says i have to move again, i don't want to go - help!
- i am being bullied - who can help?
- i'm so unhappy at the place i live but i don't know who to tell or how to get moved.