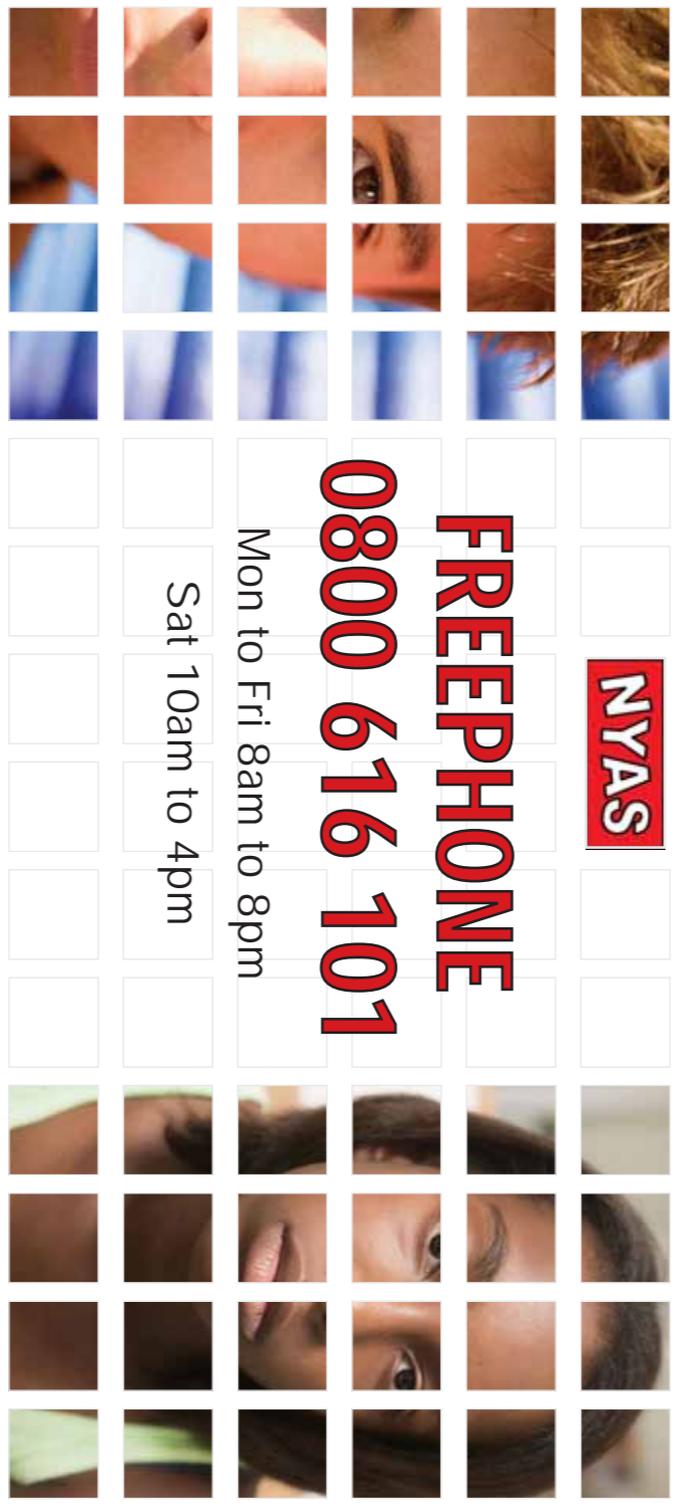




**FREEPOST  
NYAS**

NO  
STAMP  
NEEDED



**NYAS**

**FREEPHONE  
0800 616 101**

Mon to Fri 8am to 8pm  
Sat 10am to 4pm



# HOW TO CONTACT NYAS

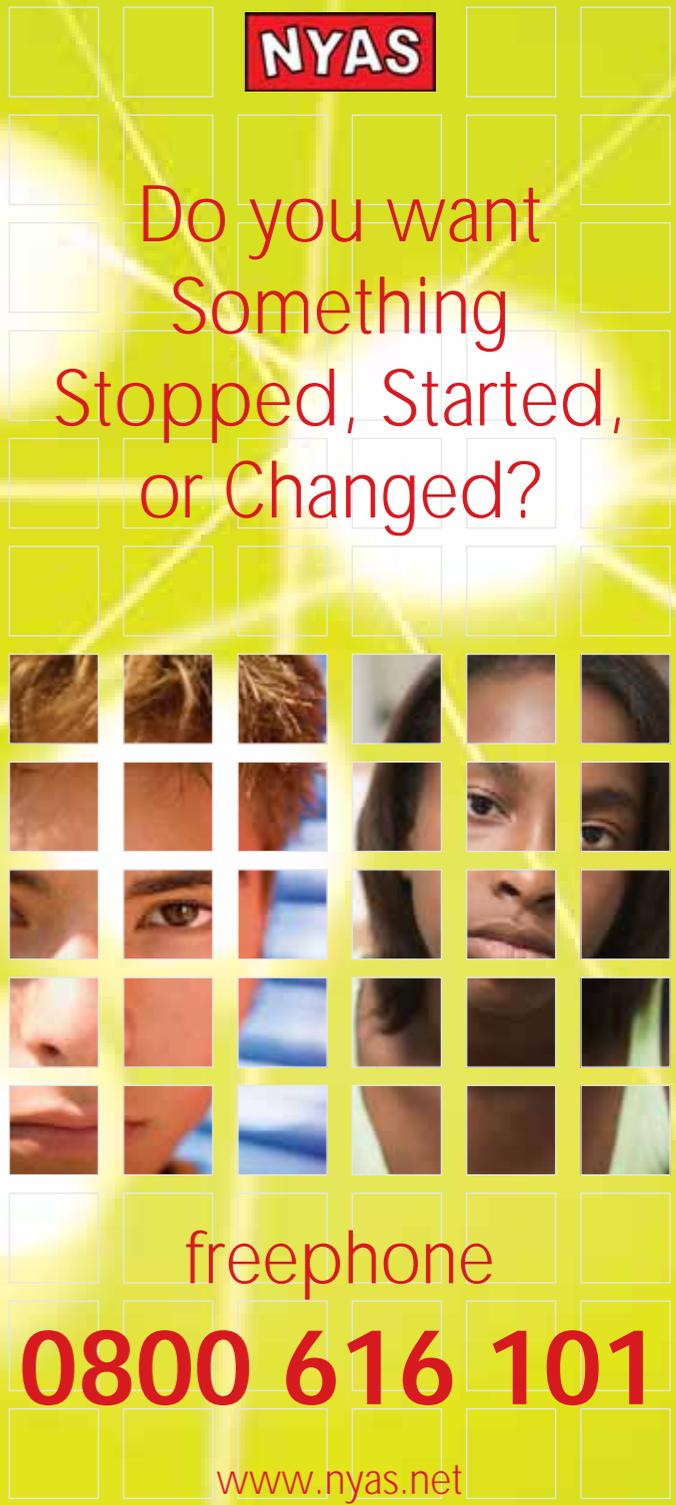
You can call us on  
**FREEPHONE 0800 616 101**  
Monday to Friday 8am - 8pm  
Saturday 10am - 4pm

**0151 649 8700**  
Monday to Friday 9am - 5pm

You can write to us  
**FREEPOST NYAS**

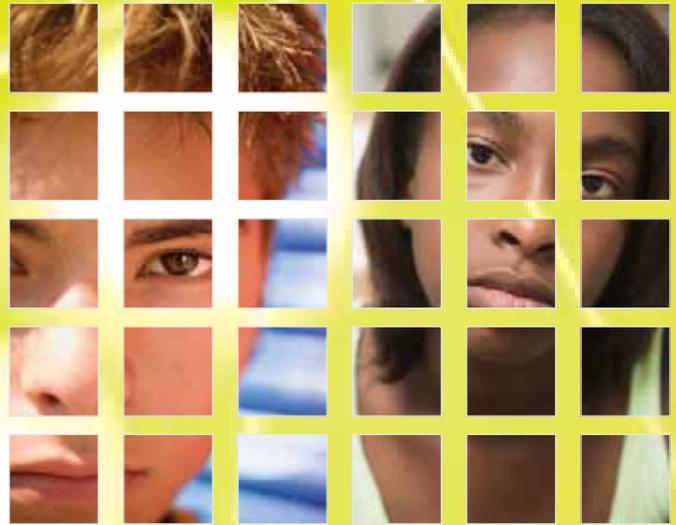
You can email us on  
**help@nyas.net**

You can our website at  
**www.nyas.net**



**NYAS**

Do you want  
Something  
Stopped, Started,  
or Changed?



freephone  
**0800 616 101**

www.nyas.net



**These are some examples of how NYAS has helped young people.**

**Ben** had left home due to problems between him and his mother. He'd been dossing in friends' flats on and off for three months, sleeping rough some of the time. When he contacted NYAS he'd tried to get help for himself through social services but had been told 'he was not a priority'. NYAS contacted social services and explained Ben's rights. After talking to NYAS the social services agreed to help BEN.

**Rachel** 13, was being bullied by the older girls at the children's home where she was being looked after. She had run away on more than one occasion in the past because she felt that no one was listening to her and she was on the brink of running away again when she contacted NYAS.

A NYAS advocate visited Rachel at her Children's home and was able to support her and persuade the staff to take the problem of bullying seriously.

**The service is Independent and Confidential.**

**Independent** means that the people at NYAS do not work for anyone else.

**Confidential** means that the people at NYAS will keep what you say private, unless you, or someone else is in danger.

# NATIONAL YOUTH ADVOCACY SERVICE

**NYAS can help children and young people up to 25 years old**

**We have helped young people who are:**

**Wanting contact with family members**

**Involved with social services:**

**Leaving the care of social services**

**Wanting to live somewhere else or move placement**

**Not being listened to**

**Experiencing bullying**

**Making a formal complaint**

**In need of advice**

**Having problems at school**

**Being treated unfairly**

**For help or advice call FREE**

# 0800 616 101



**Need something stopped, started or changed**



**Are decisions being made about you that you don't like**



**Do you want help with making a complaint**



**If the answer is "YES" NYAS can help you, so you won't be alone!**



## Please Contact Me

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?


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

**FREEPOST NYAS**

(you do not need a stamp) and we will contact you as soon as we can.