

# Always Heard

**coram  
Voice**   
getting young voices heard

Are you in care, leaving care or need help from Children's Services?

Do you want to have a say in the decisions being made about your life?

Do you feel you're not being listened to?

## Get your voice heard!

Contact the Always Heard team who can help you to get the support of an advocate

An **advocate** can....

- Give you information and advice so you understand your rights
- Make sure people listen to you and know what's important to you
- Help you speak out at your reviews or other meetings

No matter where you are we can help find your advocate!



Freephone: 0808 800 5792  
Email: [help@coramvoice.org.uk](mailto:help@coramvoice.org.uk)  
Text & WhatsApp: 07758 670 369  
Website: [www.coramvoice.org.uk/alwaysheard](http://www.coramvoice.org.uk/alwaysheard)



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## We're here to help!

Always Heard is the national advocacy safety net and advice service for children and young people in care, leaving care or needing help from Children's Services

We are independent and here just for you. We will give you advice about your rights and help you to get in touch with your local advocacy service

We will give you emergency advocacy support if your local advocacy service says they cannot help you

If you want help to speak out and tell people what is important to you, get in touch

You can also ask someone you trust, like your carer or social worker, to call for you

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