

# Looking for someone to talk to?

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Are you in care, a care leaver, or supporting someone who is? Looking for help and advice?

Call our **FREE**  
**Care Advice Line** on  
**0800 023 2033**

Or send us an email  
**[advice@becomecharity.org.uk](mailto:advice@becomecharity.org.uk)**

Lines are open Monday to Friday 10:30am - 3pm

## **BECOME.**

THE CHARITY FOR CHILDREN IN CARE  
AND YOUNG CARE LEAVERS





# What can I talk to the Care Advice Line about?

We can help to answer your questions about your rights and entitlements, how the care system works, and who's who in the world of care.

After all, it's your life, and it's your right to know exactly what's going on in it! You can talk to us about things like:

- Money worries
- Your health and well-being
- Your rights in care and leaving care
- Housing issues
- Getting the things you are entitled to
- Your education and plans for the future
- How the care system works
- Contact with your siblings and family members
- Finding national and local services that can help you
- And anything else you would like to talk about

If you are calling on behalf of a child or young person, then we are happy to take your call and offer any information we can – so please feel free to get in touch.

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