coramVoice
getting young voices heard



"Getting an advocate was the best thing ever. They had my back and helped me to understand and exercise my rights as a young person in the care system."

## An advocate can help you:

- get the information you need
- make a plan
- say what you want and be listened to

**Find out more:**

Call free on: **0808 800 5792**
WhatsApp: **(0)7758 670 369**
Text: **07758 670369**

Email: **help@coramvoice.org.uk**
Visit: **coramvoice.org.uk**