

# Need someone to listen?



gwasanaeth eiriolaeth  
ieuenctid cenedlaethol  
national youth  
advocacy service

Leaving care can be a confusing and worrying time,  
but if you are a **care leaver** aged between **18 - 25 years**  
**old** you **have the right** to independent advocacy.

Our independent advocates will listen  
to you and can offer support in lots of ways:

- **Help you** be more involved in important decisions about your life
- **Listen to** what you want and help you to share your opinions
- **Be a reliable**, trusted source of support
- **Give you information** about your rights and entitlements
- **Challenge or review** decisions that have been made about you
- **Give you information** about other services that can help such as financial services or employment services

If you would like more  
information on how we  
can help or would like  
an independent  
advocate then you can  
call our national  
freephone helpline on  
**0808 808 1001**

or email  
**help@nyas.net**



**NYAS advocates are independent  
and only work for you**