



HOW DO I  
GET AN  
ADULT TO

LISTEN  
TO ME?



If you have worries, don't  
keep them to yourself.

We are here to listen and  
we will try to help

chat at NYAS @ [www.onlineyouthclub.org](http://www.onlineyouthclub.org)

0800 616 101  
FREEPHONE



FREEPHONE HELPLINE FOR YOUNG PEOPLE

**0800 616101**

Weekdays 8:00am - 8:00pm  
Saturday 10:00am - 4:00pm  
messages can be left at all other times

Charity No. 1012485



Helping young people!

# HOW DO I GET AN ADULT TO LISTEN TO ME?

- i really want to see my dad - who can help that to happen?
- nobody listens to me, but who can get my social worker to understand?
- i dont like what's happening. how do i complain?
- my social worker says i have to move again, i don't want to go - help!
- i am being bullied - who can help?
- i'm so unhappy at the place i live but i don't know who to tell or how to get moved.