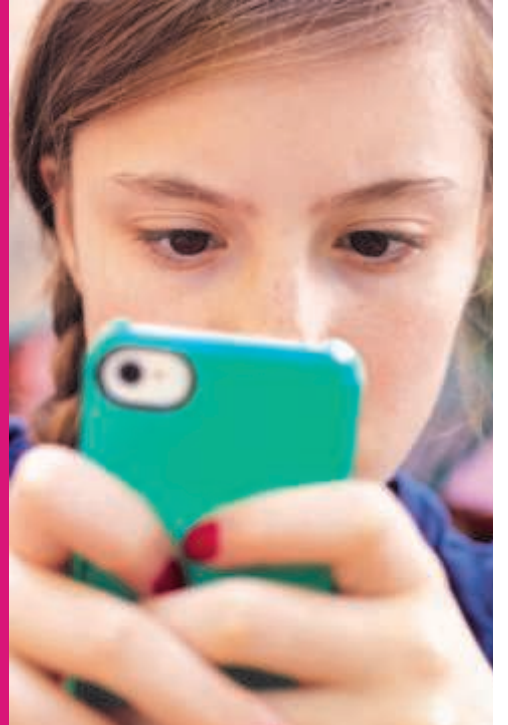


bullying/school/housing/work/relationships/friends  
 health/college/training/employment/safety/professionals  
 substance misuse/caring/youth offending/mental health



# what's on your mind?

need others to LISTEN?  
 need to HAVE YOUR SAY?  
 need help to SORT IT?  
 need ADVOCACY?



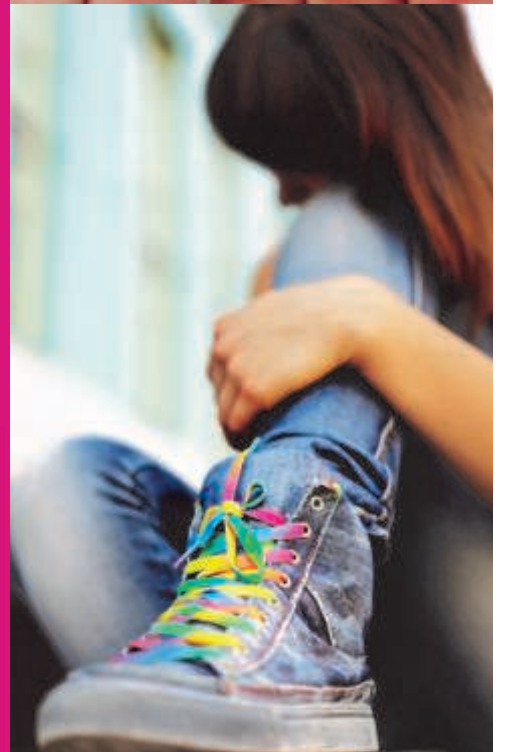
## young person's advocacy

by your side - on your side  
 please contact us with your name and number  
 and we will get back to you asap.

[enquiries@yourvoicecumbria.org](mailto:enquiries@yourvoicecumbria.org)

tel. 0300 0120103

web: [www.yourvoicecumbria.org](http://www.yourvoicecumbria.org)



YvadvocacyYP

