What happens when someone comes to visit after you’ve returned home?
Catch22 is here to support you. We are not police officers and we are not social workers.

**We just want to talk to you, see if you are OK and to discuss the time that you were missing.**

If you have been away from home, we will make contact with you via your parents or carers to arrange a time for us to talk. Here are the answers to some questions you may have:

**Can your parents or carers be there?**

Yes, of course they can. We would also like to talk to you alone at some point if you are okay with that.
What can we do to help?

If you would like some support, you can have weekly contact with us (the same person each time) to help sort out anything you need help with.

If you want to talk to someone, call or text the number below (during the daytime) and they will get back to you: **0808 168 9698**

What do we tell other people?

If you tell us things that cause us to think that you or someone else may be at risk of harm then we may need to pass this information on to someone else. Otherwise, everything you tell us is confidential.
There are also people you can talk to at any time on our helpline: 0808 168 9698

The line is confidential and you can call at any time.

Contact details: