

# What Happens When I Contact the Office of the Child and Youth Advocate?

## Step 1

**Call us and ask for help**



If you are a young person, you can call, email or drop in to our office. There is no referral needed. We offer a friendly, accepting and supportive space. You can bring a support person with you if it makes you feel more comfortable.

**Call Us:** 1-877-753-3888

**Email Us:** [Office@ocya.nl.ca](mailto:Office@ocya.nl.ca)

**Visit Us:** 193 LeMarchant Rd,  
St. John's

## Step 2

**We'll ask you for some information**



We need to know a few things so we can help you:

- 👂 the reason you are calling;
- 👂 if you have contacted anyone else and what happened;
- 👂 what you would like to happen; and
- 👂 your contact information.

## Step 3

**We'll talk to you about how we can help**



We can:

- 👂 help you get heard;
- 👂 help you learn about your rights;
- 👂 help you prepare for meetings;
- 👂 find you someone who can help;
- 👂 contact others involved; and
- 👂 help you to identify options.

**Anyone can contact us!**