

It's Okay to have your say

1 ASK for help

Ask someone you trust for help. This could be your Youth Worker, Case Worker, a family member, teacher or guardian.

All young people have the right to feel safe and be respected. Telling someone if you're hurt, scared or unhappy can help change things.

2 TELL your support person

- = If you're not happy
- = What is worrying you
- = What you would like to change

3 HAVE your say

With the help of your support person make a complaint to Lifestyle Solutions.

☎ 1800 634 748

✉ feedback@lifestylesolutions.org.au

🌐 Scan the QR code and fill in the Feedback and Complaints form



You can always ask

- = What happens when I make a complaint?
- = Who will contact me?
- = How long will that take?

You can also contact Kids Helpline – 1800 55 1800 or kidshelpline.com.au



Lifestyle Solutions

everyone is equal

lifestylesolutions.org.au