



**runaway  
helpline**  
call • txt  
**116 000**  
free • 24/7 • confidential

**Worried about a  
young person?**

**Tell them about  
Runaway Helpline if:**

- they are running away from home, school or care
- they don't seem happy at home or in care and want to leave
- they are a missing person and the police are looking for them
- they have been missing before
- they could be being hurt, abused or exploited.



**Runaway Helpline 116 000**  
**Free • 24/7 • confidential**

For more information, visit  
[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)



**We'll listen and  
offer them support.  
Not judge or tell  
them what to do.**

## Young people run away for many reasons

When someone is missing or has run away, it's a sign that something is going wrong for them. Runaway Helpline gives young people a safe space to talk about how they feel and help them to be safe.



Being able to talk to someone, share secrets and worries anonymously and get non-judgemental advice is key. Run by national charity Missing People, our team of trained professionals has been providing confidential listening support and advice to those who are running away and not happy at home for many years.

We help young people to make safe and informed decisions. We work closely with the police and social services but as we tell young people, **"we're not the police, we're not social services. Unless you tell us your name or where you are, we can't find out."**

**We're here for one reason only: to listen to you and offer you support. You're in control. It's your call".**

**Support for professionals:** We offer confidential advice to social workers, teachers, carers, police or probation officers, youth workers, or youth charities.

**We are here to listen and advise you if:**

- someone runs away or goes missing from your care
- you are worried about a young person and would like some advice
- you are concerned about a problem in your local area that may be causing young people to go missing
- you feel that the young people you are working with are unaware of the risks of running away

**How you can help young people who run away:**

- display our posters and cards in places where young people can see them
- list Runaway Helpline in directories or sources of guidance and support for young people
- raise awareness with young people about the risks of running away and what to do if they need help
- pick a theme from [www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk) and host a discussion with young people

Missing People, 284 Upper Richmond Road West, London SW14 7JE  
Missing People Ltd is incorporated in England and Wales  
registered at the above address.  
Registered Company No. 2814202. Registered Charity No. 1020419

**Runaway Helpline 116 000  
Free • 24/7 • confidential**

**For more information, visit  
[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)**