

If you are aged 25 or under and need extra help with learning and/or have a disability, you can contact us for free, confidential, information, advice and support 😊

**Email us at:** [sendiass@suffolk.gov.uk](mailto:sendiass@suffolk.gov.uk)  
**Call us on:** 01473 265210, Mon-Fri 9-5  
**Text** ADVICE4ME to 87007



With thanks to the East Coast College Transitions group who worked with us to produce this leaflet 😊😊👍

If you need help to understand this information in another language please call **03456 066 067**

- Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo. 03456 066 067 **Portuguese**
- Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer. 03456 066 067 **Polish**
- এই লেখাটি যদি অন্য ভাষাতে বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন 03456 066 067 **Bengali**
- Jeigu jums reikia šios informacijos kita kalba, paskambinkite 03456 066 067 **Lithuanian**
- Dacă aveți nevoie de ajutor pentru a înțelege această informație într-o altă limbă, vă rugăm să telefonați la numărul 03456 066 067 **Romanian**
- Если для того чтобы понять эту информацию Вам нужна помощь на другом языке, позвоните, пожалуйста, по телефону 03456 066 067 **Russian**

If you would like this information in another format, including audio or large print, please call **03456 066 067**.





### Information

You may get the answer to some of your questions by looking through our web pages. You can contact us on your own or with parents or carers for information, advice and support. You can get in touch by phone, text or email – **you choose** which works best for you.



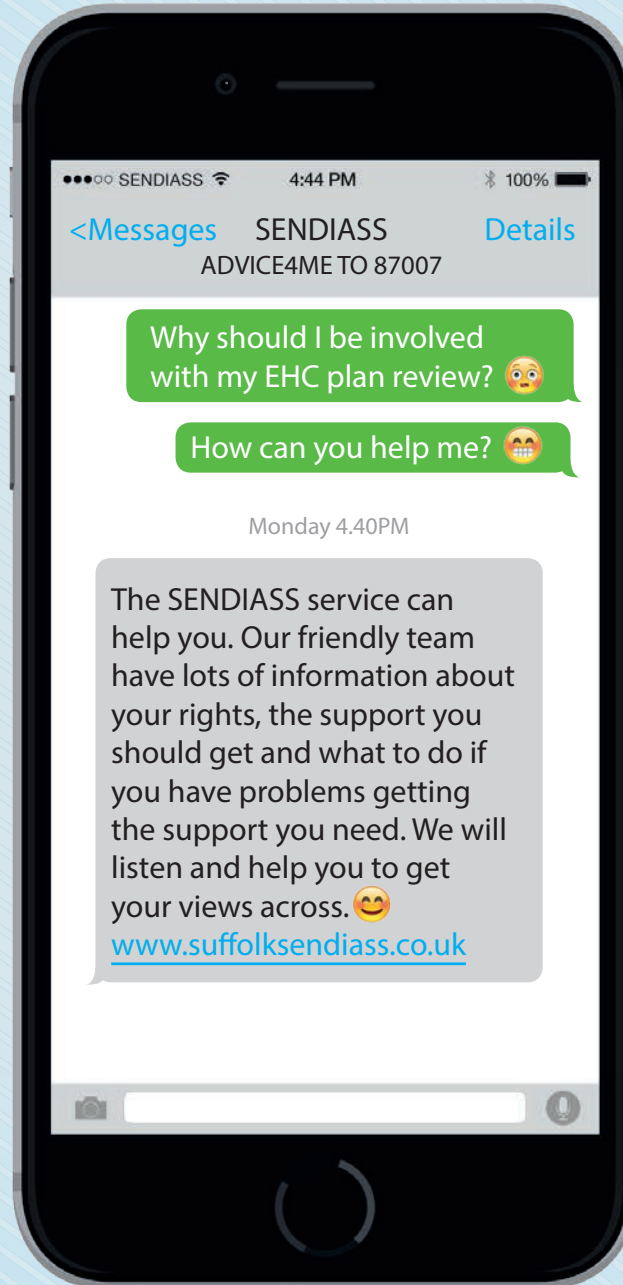
### Advice

Our **friendly** staff will listen to your questions and try to offer useful advice and information. We will not tell other people what you have said. The only time we would is if someone was in danger of being hurt or if you had agreed that it was ok - but we would always speak to you first. If we can't help with something, we will try to find you someone who can.



### Support

We will not tell you what to do, we will help you get the information you need to make your **own choices** and help you to get your views across.



### Education

You can contact us if you are having problems getting the support you need, or have any other **questions or worries** about your education.



### Rights

We will give you information about **what the law says** and what your choices are. We will not take sides.



### EHC Plans

We can give you lots of information and advice around what an EHC Plan is, how to request one and support you to **get your views across**, including at Annual Reviews. You can read more about EHC Plans in our web pages.

