



Meet Rebecca

Rebecca left care when she was 18; she has mental health problems and was 'frightened of becoming an adult'.

This can be a very scary time for care leavers. For most of us, we have the support of our family as we navigate adult life.

For some young people like Rebecca, they are vulnerable and alone.

This is where we come in.

Rebecca was referred to her local care leavers service, after her foster carer decided that she did not want her living with her once she turned 18.

Rebecca was vulnerable; she had mental health problems and she was 'frightened of becoming an adult'.

Rebecca was allocated social housing. Initially, she struggled with living by herself; she found it very isolating and made her feel low.

Rebecca's Barnardo's support worker helped her through this difficult time and her confidence grew. She was running her own home, attending college regularly and was feeling positive about the future.



Today, we support and protect children and young people facing a wide range of issues, from drug misuse to disability, from sexual abuse to emotional well-being.

Although Rebecca had made great progress a few months later she relapsed and was struggling with her mental health and was self-harming.

She asked for Barnardo's help and her support worker helped her with the things she struggled to do, like making an appointment with her GP to be referred for counselling.

Since Barnardo's involvement, Rebecca's mental health is improving and she is spending time with her sister who she hadn't seen for many years. Rebecca has got to know her nieces and nephews and enjoys spending time with them.

Rebecca knows that if her circumstances change and she needs advice or support, Barnardo's is here for her.

We believe children can change their life and achieve their full potential. We can only reach as many people as we do because of the amazing support of generous fundraisers like you.

Thank you!