



HOLDING DIFFERENTLY

Holding Differently, Containing Distress Project

Raising concerns about the use of physical restraint where you live or where you work¹

If you are a young person currently living in a residential care setting

If you, or another young person is at risk of serious harm right now, call the Police on 999, Childline for free on **0800 1111** day or night, 365 days per year. You can also contact your local social work department. Each local authority's contact details are available at [Find social work and social care services - mygov.scot](https://mygov.scot)

You can also make a complaint to the Care Inspectorate when you think the problem has to do with the place where you live. You can contact the Care Inspectorate by sending them a text directly on **07870 981785**, or by filling in their [online Complaint form](#).

It may be that you feel brave enough to speak about your concerns directly to the people who look after you. You can get support from an advocate, someone who is there to support you making sure the adults that care for you listen to what you have to say. You should have been given information about who is the children's advocate for the place where you live by your keyworker, or the home's manager.

You can find out more about getting an advocate from Who Care? Scotland by calling their helpline on **0330 107 7540**. The Helpline is open 12 noon to 4pm Monday to Friday, or you can email them at help@whocaresscotland.org.

¹ Details are correct as of May 2026