

# Maia Support Line



**0800 059 0117**



**Are you feeling uneasy? Worried about someone? Or just need someone to talk to?**

**We're here to listen.**

**Advance is offering support and advice through the Maia Support Line in London for:**

- **young women & girls aged 13–25**
- **parents**
- **professionals**

**We believe that having a safe, confidential space to talk, ask questions, and get the help you need is essential.**

**Whether you're worried about your own situation or someone else's, you don't have to face it alone. Our team is here to listen without judgement, offer guidance, and help you explore your options at your own pace.**

**Get in touch to speak to someone who understands and can support you.**

**advance**



**A safe, just and equal world for women**



**To speak to a member of the Maia team:**



**We are available: Monday-Friday 9am-5pm**



**0800 059 0117**



**Email address: [maia@advancecharity.org.uk](mailto:maia@advancecharity.org.uk)**

**[www.advancecharity.org.uk](http://www.advancecharity.org.uk)**