



Have you been impacted by Covid-19?

- Are you feeling lonely?
- Are you feeling anxious?

121 Youth Counselling is offering Counselling Sessions for Young People aged 11-25

- Up to 6 free Counselling Sessions either face-to-face or online
- Confidential
- Open to anyone 11- 25 years old who lives in Hart, goes to a school in the Hart District, or is registered with a Hart GP surgery

If you are interested in having Counselling then please either:

- Visit our website at <https://www.hartvolaction.org.uk/services-for-residents/youth-counselling/> and complete the referral form available here.
- Or phone 01252 815652 and we can complete a referral form for you over the phone.

Please note that a young person should not access this service if they have a more serious Mental Health issue that requires longer term Counselling. An assessment will be done before short term Counselling starts and if the Counsellor considers that a Young Person is in need of a longer-term service then this will be offered and the Young person can be placed on the waiting list for up to 20 sessions of Counselling.

