

**Youthline**

**YOUNG PEOPLE'S  
COUNSELLING SERVICE**

**FREE FACE TO FACE  
COUNSELLING FOR  
YOUNG PEOPLE**

**IN AND AROUND  
BRACKNELL FOREST**



Youthline is a free, confidential counselling service for young people at secondary school up to 25 years old.

We give you a safe space to talk about whatever is bothering you.

It could be things like exam stress, relationship problems, how you look, confused about sexuality, or you could be getting picked on or just feel bad about yourself.



Sometimes it may feel like you just can't go on anymore. Or you cope by harming yourself.

**WE WON'T JUDGE YOU, WHATEVER YOU'RE GOING THROUGH WE ARE HERE TO HELP.**

We are a team of volunteer counsellors who care and are trained to support you.

***"I FEEL CONFIDENT AND SECURE SINCE SEEING MY COUNSELLOR AT YOUTHLINE"***

SJ, Age 14

***"COMING TO YOUTHLINE HAS BEEN GENUINELY LIFE CHANGING. IT HAS HELPED ME SORT THROUGH A LOT OF DEEP ISSUES. I FEEL LIKE A COMPLETELY DIFFERENT PERSON"***

PS, Age 20



# FOR AN APPOINTMENT OR MORE INFORMATION

☎ 01344 311200

✉ ASK@YOUTHLINEUK.COM

🌐 WWW.YOUTHLINEUK.COM

🏠 VISIT US AT THE LODGE, BAGSHOT ROAD,  
BRACKNELL, BERKSHIRE, RG12 7QS



We are a registered charity (1096248) - it's your kind donations that keep our service running.



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Text YLBF12 £5 to 70070

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