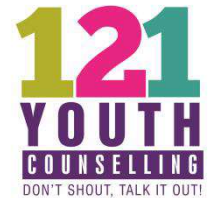


121 Youth Counselling

Managed by Hart Voluntary Action



Free Weekly Counselling Sessions for Young People aged 11-25



Sessions are available to anyone aged 11 -25 who is registered with a GP, goes to school or lives in the Hart District

If you are struggling with anxiety, depression, low mood, bereavement, self-harm or any other mental health issues then Counselling may be able to help.

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.