

YOUTH TALK

We're listening

£50 could help pay for a one-to-one counselling session. Please donate today.



Growing up can be hard, and young people shouldn't struggle alone.

Youth Talk provides free, confidential counselling to 13-25 year olds in St Albans and surrounding areas.

Whatever's on a young person's mind, we offer a safe space to talk. But we must raise the funds needed for every session we deliver.

75% of young people experiencing mental health problems aren't receiving any treatment.

With your support, we'll be there for our local young people.

www.youthtalk.org.uk/donate
getinvolved@youthtalk.org.uk



#StrongerTogether



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