



Counselling for Young People

Our free face-to-face or online service offers compassionate and confidential support for young people aged 13 to 21 with emotional and mental health challenges.

Our professional counsellors provide a safe space to explore feelings and build coping strategies.

Our service is an organisational member of the British Association of Counselling and Psychotherapy.

To find out more, please contact:
ypcounselling@bucksmind.org.uk
01494 463364

We'd love to hear from you

 **Mind**
Buckinghamshire

www.bucksmind.org.uk

Registered charity no. 1103063