



# 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](mailto:ypcounselling@bucksmind.org.uk)  
01494 771131

**We'd love to hear from you**

  
Buckinghamshire

[www.bucksmind.org.uk](http://www.bucksmind.org.uk)

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