

Need to talk?

Ignored

Bored

Worried

Rejected

Lonely

misunderstood

Angry

Shy

Sad

Stressed

Alone

depressed

Confused

Scared

Picked on

Ashamed

HYCS

However you're feeling,
we're here to listen....
HYCS' free, confidential
counselling support for
young people.

Talking to us can really help
Hounslow Youth Counselling Service

0208 568 1818

www.hycscounselling.co.uk

Registered Charity 1196320 (formerly 296333)

bacp Accredited Service