



John Priestley, our head of counselling services

Youth Counselling (Age 15-24)

Youth Counselling might be helpful if you want to talk to someone neutral. If you are feeling down, not sure what to do, worried, or you find yourself doing things that you know are not good for you, please give us a call. Our counsellors will not judge you, tell anyone your business or tell you what to do, but they can help you to find a way forward. This service is completely free for under 18s.

● What does Youth Counselling cost?

All counselling services are completely free for under 18s. This means you do not pay any initial consultation fee either. Over 18s pay only what they can afford.

● How do I make an appointment?

If you would like to talk to someone confidentially please call us on 020 8296 0030 to speak to our receptionist, who will arrange an initial consultation with an experienced counsellor.

● Opening hours

We are open:	Monday to Thursday	9am - 10pm
	Friday	9am - 8pm
	Saturday	9am - 2pm

Call us on 020 8296 0030 to arrange an initial consultation