



# Here4YOUTH

## A Young People's Wellbeing Service

**A safe space to talk about what's on  
your mind**

**Come and see us, no appointment  
necessary**

<b>Monday</b>	<b>3pm - 6.30pm</b>
<b>Wednesday</b>	<b>3pm - 6.30pm</b>
<b>Friday</b>	<b>1pm - 4.00pm</b>

Somebody to have a chat with

Tips and ideas to feel better

Information and support around drugs or alcohol

Condoms & Chlamydia screening

Pregnancy testing

Link you to the best support

Help to stop smoking

Connect to activities or things to do

Structured 1:1 and group support

*We are #Here4YOUTH*

Instagram- [here4youth\\_dudley](#) /Twitter- [@Here4YOUTH\\_](#) /Facebook- [Here4YOUTHdudley](#)

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