

## Young People Counselling Services at 30 Clarence Street

Castlegate Counselling service has now moved to new rooms at 30 Clarence Street York YO31 7EW (near York St John University).

We will still be offering the same free, confidential one to one counselling service to young people aged 16 – 25 who live in York, but are not studying at one of York's two Universities.

Counselling is talking to a trained person about something which is on your mind or a problem to you. A counsellor will really listen to you without judgement and will try and understand and help you to help yourself. Counselling can help with many different things, for example, anxiety, low mood/depression, confusion, relationships and stress.

If you feel you would like to find out more or you feel it is the right thing for you please contact us on [01904 555400](tel:01904555400) or email [fis@york.gov.uk](mailto:fis@york.gov.uk)