

Can you help us in our vital work to change a young life?

Local young people need Youth Talk more than ever before and we must be there – with your help we can be.

Helping a young person takes (on average) 18 sessions of counselling.

Your donation could provide the crucial first step a young person needs to get their life back on track.

A regular monthly gift to Youth Talk helps us plan for the future – it will ensure we are there when a young person needs us most.

A gift of:

- **£10 per month** will help us ensure that our online referral system is available, 365 days a year
- **£25 per month** could help us provide regular counselling to a young person in need
- **£50 per month** could help us provide one young person every month with a vital first consultation
- **A one-off gift of £900** could pay for a programme of 18 counselling sessions

Could you make a larger pledge?

£2,000 could pay for 40 young people to be able to take their first step with one of our counsellors

£6,000 could pay for 120 counselling sessions for local young people (the number per week we aim to deliver by the end of this year)

£10,000 could support 11 young people through 18 sessions of counselling

This is our community. These are our young people. Together we must be there.

For further information about the difference you can make and to chat about how you could be involved in supporting us, give Rachel a call on **07821 146 156** or email: rachel.simkin@youthtalk.org.uk She'd love to hear from you!



... I have grown and changed beyond what I thought capable of, and Youth Talk has been hugely pivotal to that...

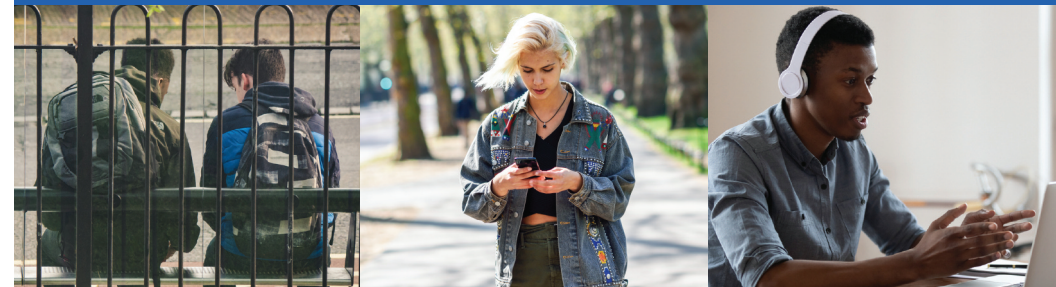
Annabelle

www.youthtalk.org.uk



YOUTH TALK

25 years of listening



Now we must double the number of young people Youth Talk can help

YOUTH TALK

Serving St Albans for over 25 years

For over 25 years Youth Talk has offered expert, confidential one-to-one counselling to 13-25 year olds who live, work or are in education in St Albans and District.

Thanks to our supporters, volunteers and fundraisers we have helped to change countless lives.

The Challenge ahead

There has never been a more challenging time to grow up, and more local young people than ever find themselves struggling with how they feel. Demand for our service is greater than ever before, and over 100 young people are waiting for help right now.

We must rise to the current challenge and double the number of young people Youth Talk can support so that when someone is brave enough to ask for help, we can be there for them and respond quickly.



... When we set up Youth Talk in 1997 we could not have imagined the vital role it was going to play in the lives of so many local young people. Our vision then was to meet a growing need to help our local young people and today that work has never been more relevant or vitally important...

Ida Fairbairn, Founder

... Thank you so much for your services and support. I have felt more understood and listened to here than any other mental health service ...

Sophia

What young people say...

We know what we do at Youth Talk changes lives – and we are proud of what young people say about our vital service.

Our work relies on our local community standing by Youth Talk so that together we can stand by our local young people. Our ambition is bigger than ever before because the challenges and opportunities demand it.

... I'm so grateful for Youth Talk and my counsellor, she made a real difference in my life and my overall well-being ...

Duncan