

AGED 16-25 AND LIVING IN  
GLOUCESTERSHIRE?  
NEED FLEXIBLE MENTAL HEALTH  
SUPPORT?

# Flex

- Face to face or virtual support
- A choice of counselling, youth work or both!
- Struggling to come in? Our youth workers will meet you in the community
- Appointments available from 9am-7pm, Monday to Friday

GET INVOLVED

[WWW.YOUNGGLOS.ORG.UK](http://WWW.YOUNGGLOS.ORG.UK)

[GETINVOLVED@YOUNGGLOS.ORG.UK](mailto:GETINVOLVED@YOUNGGLOS.ORG.UK)

01452 501008

a project in partnership with  
young gloucestershire

**info**buzz