



**YCT is a counselling and therapeutic support charity, specialising in supporting children and young people aged 5 – 25 years, their families and the professionals who work with them.**

Operating for over 30 years and funded by Hertfordshire County Council to provide a service in East and North Herts, working alongside CAMHS and GP practices to offer 1-2-1 counselling for young people who may require some emotional support for any of the following issues:

- Anxiety
- Depression and low mood
- Friendship issues
- Bullying
- Self-harm
- Bereavement
- Family breakdown
- Stress
- Academic worries
- School refusal
- Gender identity
- Low self-esteem or confidence
- Relationship issues

Offering weekly sessions for 8 weeks, with a potential to extend to 12 weeks where there is a strong clinical need. Whilst not a replacement for CAMHS, we do receive referrals for those unable to access support from CAMHS, where appropriate. All referrals are thoroughly assessed and young people have to consent to having counselling - it has to be something the young person wants to engage with. Sessions are between 4pm - 7pm weekday evenings.

Referrals can be made by schools, parents or the young person themselves.

Telephone - 01279 414090 or online using this

Form: <https://gateway.mayden.co.uk/referral-v2/8d77fe9f-ead6-4c04-96f8-59bb53d1a59a>

Website: [www.yctsupport.com](http://www.yctsupport.com)