



**YMCA ST HELENS**

Presents:

# The Listening Service




## Weekly Peer Support Group

- Meet like minded people your age.
- A safe and comfortable space to give and gain support
- Explore subjects relevant to you, such as Anxiety and Depression.
- Discover how to maintain your own wellbeing and improve your mental health
- Learn coping techniques and problem solving skills

## 1to1 support worked around you

- A safe space to be listened to and not judged
  - Chat about any issues that are bothering you or concerns that are on your mind
  - Can be face to face, on the phone or online.
- For more information or to refer to the service:



 01744 415260

 ListeningService@sthelensymca.org.uk

 [www.ymcasthelens.org.uk](http://www.ymcasthelens.org.uk)

 YMCA, 2 North Rd, Saint Helens WA10 2TJ

Supported by:

**P. H. HOLT**  
FOUNDATION

**NHS**  
St Helens  
Clinical Commissioning Group



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.