



# With Youth

## Children & Young People's Digital Wellbeing Service

If you are between the ages of 5-18 or a parent/caregiver of a 5-18 year old, message us or call us to get help with any issues that are affecting your wellbeing.

We can talk about what you are experiencing and offer you support, information and advice through one-to-one and group sessions.

You can get help straight away, no referral needed. To find out more, or to talk to one of our team:

Instant message us at [www.withyouth.org](http://www.withyouth.org)

Or call us on **0208 189 8400**

We are here for you **Monday to Friday from 2pm - 10pm**

**T: 0208 189 8400**

**E: [withyouth@hertfordshiremind.org](mailto:withyouth@hertfordshiremind.org)**

**W: [www.withyouth.org](http://www.withyouth.org)**

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