



**QR Code:**  
Scan the QR code  
for more info



# withYouth

**YOUNG PEOPLE'S** Digital Wellbeing Services

If you're aged between five and eighteen, or if you're a parent or carer of someone in that age range, we're here to help you with anything that's affecting your wellbeing.

Just reach out to us.

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**

Or email us at  
[withyouth@hertfordshiremind.org](mailto:withyouth@hertfordshiremind.org)

**We are here for you**  
**Everyday from 2pm - 10pm**

## **Lumi Nova:** **Tales of Courage (for 7 -12 yr olds)**



Instant access to therapy in a mobile game for 7-12 year olds with fears and worries (anxiety).

- NICE recommended, trusted by the NHS
- Fun, free and safe
- Learn to tackle worries, build resilience, gain confidence and thrive

Scan the QR code  
for more info

