

Young People Drop-in



A safe space to be heard. Talk to one of our qualified practitioners about your feelings and devise coping strategies to move forward and improve your wellbeing. We are here to listen.

Who is it for?

The mental health drop-in is for anyone aged 11 – 18. This drop-in is not a crisis service or a youth club.

When and where is it?

Wednesday, 3 – 6pm

Acorn Centre, 101a Station Parade, Harrogate, HG1 1HB

How to access the support?

No referral or appointment is needed, just turn up, fill in a short form and access the drop-in.

 Mind in Harrogate District

Counselling for Young People



Our face to face service offers compassionate support for young people aged 11 to 18 with emotional and mental health challenges.

Our counsellors provide a safe and non-judgmental space to explore feelings and build coping strategies.

This confidential, professional service is offered at an affordable price and accredited by the British Association of Counselling and Psychotherapy (BACP).

www.mindinharrogate.org.uk 01423 503335 office@mindinharrogate.org.uk

Mind in Harrogate District (a charitable incorporated organisation)
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