

The HUB

Is a safe space where young people can access **free**, **confidential** advice & **emotional support** about anything & everything that is going on in their life.

We provide support on a range of things, including:

Bereavement

Self Esteem

Online Safety

Low Mood

Confidence

Sexual Exploitation

Sexuality & Gender Identity

Anxiety

Positive Activities

Coping Strategies

+ much more



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