

NUMBER 22 TELEPHONE SUPPORT LINE

> For anyone aged 11 – 25 years old





### Who are we?

We are a registered charity providing counselling to both adults and young people living in Slough, Windsor and Maidenhead.

In 2021 we set up a telephone support line to support young people.



Are you a person aged between 11-25 years old looking for help and advice?

Is the support line for me?

Then why not book a 25-minute telephone appointment with our friendly telephone support line team.

It's free



How can you help me? No problem or worry is too big or small. If something is troubling you then our trained team can help.

You can talk about any difficulties in school, work or at home, anxiety, body image, relationships, sexuality, exam pressure, bullying, self harming or anything that is important to you.





### HOW DO I MAKE AN APPOINTMENT?



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	number22		How It Works	What We Do		FAQ	Support Us	Sign	Jp for	Coun	selling		

### Welcome to



We are a registered charity providing free and confidential counselling to adults and young people in Windsor, Maidenhead and Slough, supporting those in distress where clients can feel valued and heard.

Number 22 provides counselling, advocacy and independent visiting services to the community, free at the point of use.

Sign up for Counselling

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## www.number22.org

### GO TO OUR WEBSITE

1.

## 2. Click on 'What we do' then a drop down box will show 'support line for young people' - please click

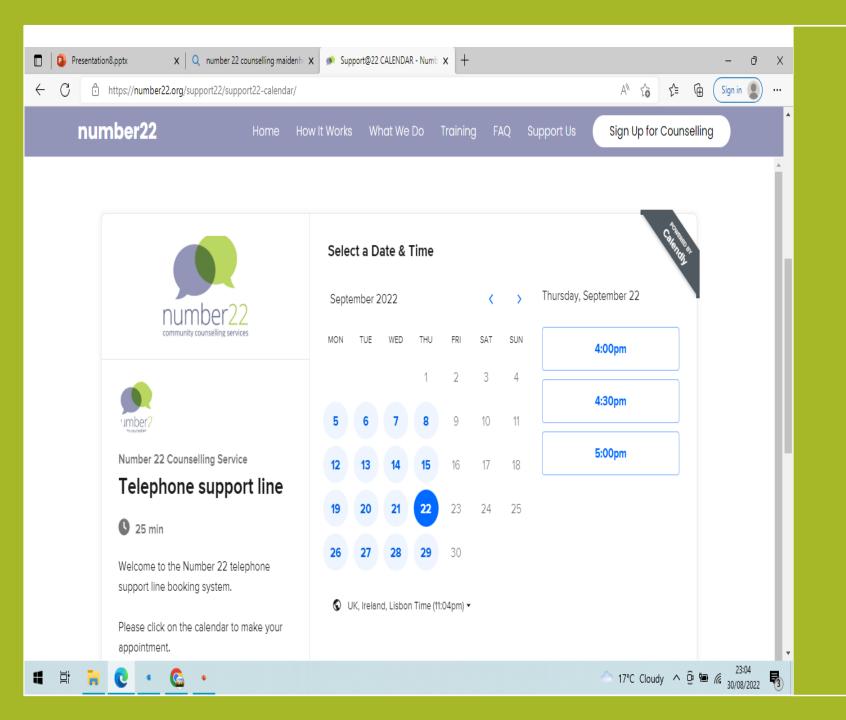


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PLEASE COMPLETE YOUR DETAILS, THEN CLICK ON 'SELECT APPOINTMENT TIME'.

3.





THE CALENDAR WILL THEN POP UP SHOWING YOU THE AVAILABLE TIMES. CLICK ON THE TIME THAT SUITS YOU TO MAKE YOUR APPOINTMENT.

4.



# 5. Add your details and click schedule event.

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### ONE OF OUR COUNSELLORS WILL CALLYOU ATYOUR APPOINTMENTTIME.

### IF YOU WOULD LIKE ANY FURTHER INFORMATION, PLEASE CONTACT SARAH.LUKE@NUMBER22.ORG

