

# HYA

Advice and support for children and young people across Hampshire

## Counselling Online

Hampshire Youth Access are offering an online counselling service across Hampshire.

If you are aged between 14 and 17 years old and you are registered with a Hampshire GP, online counselling could be an option for you.

Are you ready to talk about what's going on with you?

### What is online counselling?

We offer 6 sessions of live chat counselling with a qualified online counsellor on a safe and secure counselling platform. Your session will be at the same time, with the same counsellor each week.

Visit: [counselling.hampshireyouthaccess.org.uk](http://counselling.hampshireyouthaccess.org.uk) for details on how to register



02382 147 755

[www.hampshireyouthaccess.org.uk](http://www.hampshireyouthaccess.org.uk)

Hampshire Youth Access (HYA) is a partnership of 12 leading agencies providing information, advice, counselling and support to children and young people across Hampshire