



One step
at a time.



Free counselling
and support for
9-25 year olds



Counselling

You can speak to one of our counsellors on the phone, via text chat or directly via video or face-to-face at your school or college, or at another suitable location near to where you live.

InTER-ACT

Our series of three live online sessions can help you learn new ways of managing difficult thoughts and feelings and how to do more of what matters to you.

TalkWellChat

Call or live-message our friendly, trained team members about anything that's troubling you. You can talk to us about anything, we're here for you.

One at a Time

A single, solution-focused session – an ideal choice if you are facing a specific issue and want some help working out what you want to be different or what to do next.



Ready when
you are.