



**lifelink**  
**YOUTH**

**your life, your space**

to develop and deal with life challenges

to enhance skills & confidence

to improve your enjoyment of life

[lifelink.org.uk](http://lifelink.org.uk)

# How do you feel?

## Angry?

## Sad?

## Embarrassed?

## Can't talk about it?

# We understand.



If you are aged 11-18, Lifelink Youth offers you the chance to sit down, explore your feelings and what is bothering you. Our approachable, friendly staff will help you look at ways to deal with life's challenges.

We explore... feelings, stress, self-awareness, relationships, health, emotions, coping skills, dealing with anger and conflict, assertiveness, emotional and mental well-being.

We offer counselling, one-to-one support and group work.

Our non-judgemental staff will listen to your issues and take the time to help you develop the skills and confidence to face and overcome your own personal challenges or other difficulties.

### Contact us

If you or a friend think you could use our help just call us on 0141 552 4434 or email [info@lifelink.org.uk](mailto:info@lifelink.org.uk)

You can also Tweet or Facebook message us.

[lifelink.org.uk](http://lifelink.org.uk)

