



**COMMUNITY SPORTS
& EDUCATION
TRUST**
REGISTERED CHARITY NO: 1102239



Social Prescribing Service

for Young People

Youth Link is a free service that can put you in touch with a range of local services to improve your mental wellbeing.

If you are:

Aged
10-18



Individuals
registered with a
doctor within
the West Herts
and Harrow
area.



To support you with:

- ☒ Anxiety
- ☒ School and exam stress
- ☒ Bullying
- ☒ Self-esteem and self-confidence
- ☒ Social isolation



Scan code
for more
information.



Email or call Ines: ines.pereira1@nhs.net | 07510 927143