

Feeling stressed?

Are you 12-24? Living in
Auckland/Tāmaki Makaurau?

You can get **six to eight free** face to face, online,
or phone **counselling sessions** with Youthline.



Call 0800 361 416
Text 'Choice Counselling' to 234
Email youthlinecounselling@youthline.co.nz
Visit www.youthline.co.nz/face-to-face-auckland.html



youthline te ara taiohi
whakatapua kia ora ai

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