

# WELLBEING HOUR

Are you aged between 13 and 25, in West Leeds, and identify as part of the LGBTQ+ community?

Would you like support with your emotional / mental health?

Would you like the opportunity to meet other young people and make new friends?

If so, why not get in touch and see if we can help. We can offer:



1:1 support through mentoring



Up to 12 weeks of Counselling support



Group workshops to explore the issues that are important to you!



For more info or to arrange a chat please contact:  
[counselling@barca-leeds.org](mailto:counselling@barca-leeds.org)  
[cypreferrals@barca-leeds.org](mailto:cypreferrals@barca-leeds.org)

