

# Virtual Support

## Information Advice and Guidance for Young People in North Herts and Stevenage during Covid-19

We are operating remotely and providing support to young people 1:1 or in group projects by phone, WhatsApp, email, social media and through video calls.

If you are aged 11-17 (up to 24 with a learning disability) and want help, text the word **SUPPORT** followed by:-

- **LOCKDOWN** for help with emotional wellbeing (how to cope during lockdown)
- **ANXIETY**
- **SEXUAL HEALTH**
- **LGBT+**
- **CONFIDENCE**
- **HEALTHY RELATIONSHIPS**
- **OPTIONS** for help with options after year 11
- **CAREERS**
- **CV** for support with CV writing
- Any **OTHER** issue

🐦 Follow us on Twitter

@NorthHertsTeam @StevenageTeam

### Text Us!

Text the word **SUPPORT** followed by one of the words in bold opposite, together with your name, age and school to **07860 065178**

Alternatively, email us  
[yc.northherts@hertfordshire.gov.uk](mailto:yc.northherts@hertfordshire.gov.uk)

[yc.stevenage@hertfordshire.gov.uk](mailto:yc.stevenage@hertfordshire.gov.uk)

Call **01438 843340**

For further information on  
YC Hertfordshire Services for Young People  
and for updates on our response to COVID-19  
please visit [www.ychertfordshire.org](http://www.ychertfordshire.org)

YC

HERTFORDSHIRE



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