



IT'S OKAY TO ASK FOR HELP

If you're a young person
aged 16-24, we can offer
you counselling sessions

Aberdeen Foyer offers
face-to-face, phone
and video counselling
sessions Free for
Young People age 16-24
living in Aberdeenshire.



Available Mon-Fri 9am - 5pm

Here's how to contact us:

Email: counselling@aberdeenfoyer.com
OR Scan the QR code to fill in our form>>>



Someone will get back to you



www.aberdeenfoyer.com