

# Need to talk?

Ignored

Bored

Worried

Rejected

**Lonely**

misunderstood

**Stressed**

**Angry**

Shy

Scared

**depressed**

Alone

**Sad**

**Confused**

**Picked on**

**Ashamed**

**HYCS**

However you're feeling,  
we're here to listen....  
HYCS' free, confidential  
counselling support for  
young people.

Talking to us can really help  
Hounslow Youth Counselling Service

0208 568 1818

[www.hycscounselling.co.uk](http://www.hycscounselling.co.uk)

Registered Charity 1196320 (formerly 296333)

**bacp** | Accredited  
Service