

# HERE: NOW

## SOMEONE TO TALK TO FOR YOUNG PEOPLE AGED 13-25

### Free & confidential counselling.

Whatever your problem, big or small, we are here to help  
Talk to us about family problems, sexual health, bullying...  
Our advice is free and in confidence.

If you need urgent help, we are here; it's ok to talk to us  
– about anything.

### At the drop in you can also access:

Free support and information on all things health related,  
from sexual health to social groups.

C-card registration and pick up.

### No appointment necessary – just drop in.

E-mail: [herenow@peterborough.gov.uk](mailto:herenow@peterborough.gov.uk)



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EVERY FRIDAY 2-5PM



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