

# SOMALI YOUTH HELPLINE

Resource Centre, Featherstone Terrace, Southall, Middlesex UB2 5AL  
Telephone: 0208 843 5114, E-mail: [Syhelpline@gmail.com](mailto:Syhelpline@gmail.com)

---

- Are you a Somali young person between the ages 13 – 25?
- Are you experiencing any difficulties that need intervention?
- Is your problem causing your family some distress and your efforts to deal with it are not working?
- Do you avoid seeking help thinking that no one out there would understand or have a better capacity to handle your problem better than yourself or your family?
- Are you constantly regretting the precious time wasted as a consequence of your problem?

Well, wait no more and waste no more time! We are here to help you with our unique FREE helpline for counselling and confidential support:

## 0808 801 0410

Parents who are struggling to cope with problems caused by their children aged between 12 – 25 can also call our helpline for counselling and guidance between 10 am – 4:00 pm.

Our accredited counsellors and dedicated support team of trained volunteers in counselling skills are for YOU to listen, guide and support you in complete confidentiality and in a way tailor made for you personally.

We also have a young Somali religious scholar who can answer your queries and advise on your concerns. He can be reached on the free helpline on Friday afternoons.

### Do not suffer in silence and call our FREE number today!

The following are some key feature of our service:

- Calls are free , anonymous and confidential
- Service provision is socially and culturally sensitive and delivered through the bilingual media.
- One-to-one or group consultation sessions or workshops
- Art and behavioural therapies are available
- Speedy signposting or appropriate referrals to relevant outside agencies.

Before you rush into any conclusions, PLEASE give counselling and Cognitive Behavioural Therapy a CHANCE!

Don't assume wrongly that it wouldn't work for you! In any case, you have nothing to loose: our helpline service for counselling and confidential support is FREE on both mobiles and landlines.

### Call us today and get your customised and confidential support.

