

## Donations to Streetwise

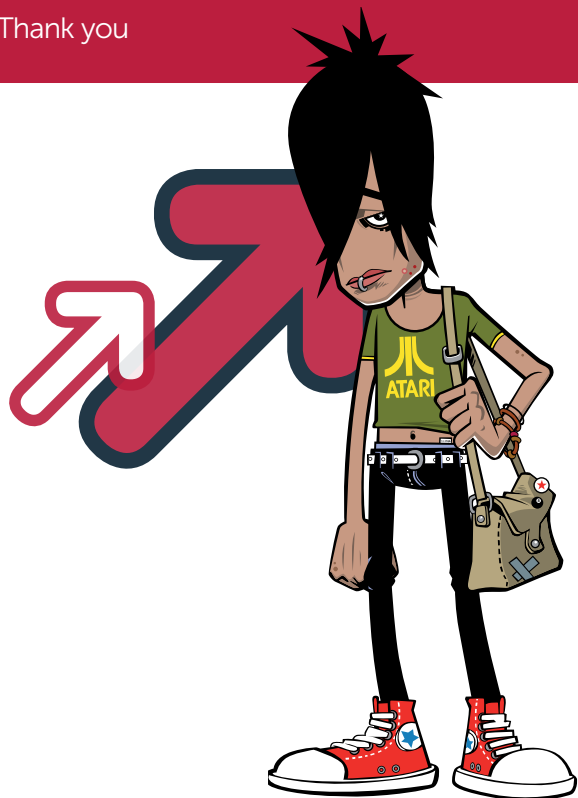


Donations can be made via our [www.justgiving.com/streetwise-ypp](http://www.justgiving.com/streetwise-ypp) page or text:

- **STREETWISE5** to 70085  
one-off donation of £5.
- **STREETWISE10** to 70085  
one-off donation of £10.
- **STREETWISE20** to 70085  
one-off donation of £20.

Via PayPal:  
<https://paypal.me/StreetwiseNorth>

Thank you



## For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

**Advice is FREE and CONFIDENTIAL.**

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

## Streetwise

YOUNG PEOPLE'S PROJECT

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Unit 3 Blackfriars Court  
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[www.streetwisenorth.org.uk](http://www.streetwisenorth.org.uk)



SCAN ME

Registered Charity Number: 1058360

Company Number: 3244499



# Need someone to talk to?

**Streetwise Newcastle Central Support**



**Streetwise**

YOUNG PEOPLE'S PROJECT

In partnership with Newcastle Central Primary Care Network

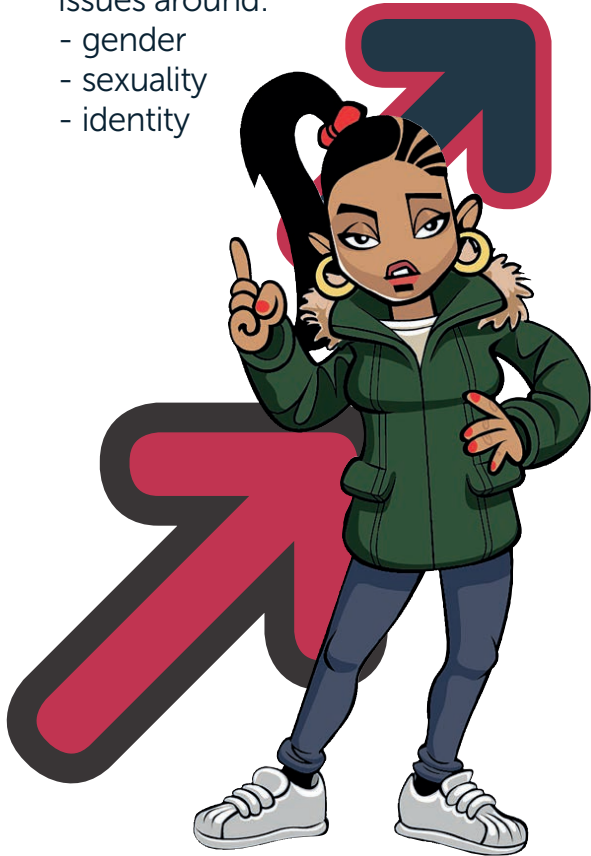
## What sorts of things can I get support with?



- Anxiety
- Low mood and stress
- Low self-esteem / low confidence
- Bullying
- Body image
- Loneliness
- Family issues / home situation

Issues around:

- gender
- sexuality
- identity



## Is this service for me?



If you are looking for someone to talk to about issues that may be stressful, difficult and / or confusing, and you are aged between 11 - 21 and registered with one of the GP Surgeries listed below:

- **Saville Medical Group – City Centre Surgery and Newbiggin Hall Surgery**

Then, Yes! This is the service for you!



## What can I expect from these sessions?



- A chance to talk about, explore and understand experiences and issues that might be difficult, stressful or confusing for you.
- The opportunity to talk about tips and tools that might help guide you through and overcome these experiences.
- The first session (or 'assessment') will be a chance to discuss what support you need and what to expect from the sessions. We will also agree the practical details with you (like how many sessions there will be and what happens/ who to contact if you can't make a session).
- After this, there will be weekly 1-1 sessions. The sessions will be with the same worker each time, this is to help you feel comfortable and so you don't have to keep repeating yourself. These sessions could take place at your school, in your GP surgery or in a comfortable place in the community. We can also do online/ telephone sessions if that works better for you.
- It might feel scary to open up and talk to someone, but the worker is there to help and support you.

