



# Youth in Romsey

## Getting support during COVID 19

**We are still offering FREE and CONFIDENTIAL support/ counselling to young people via phone/ video call.**

We support people from the age of 6 to 25.

**Text** 07443 508418

**Email** [youthinromsey.yir@gmail.com](mailto:youthinromsey.yir@gmail.com)

**Message us** on Facebook, Twitter or Instagram  
**@youthinromsey**

You can also visit our website <https://www.yir.org.uk> for more information about us, as well as advice on looking after your mental wellbeing during isolation.