**What is Y2K+?**

**Y2K+ is a one to one support service offer by Y2K for young people aged 12-18 years old.**

**What does Y2K+ offer?**

**Y2K+ can provide:**

* **Tailored 1-1 sessions for your support needs**
* **Group work surrounding various issues**

**Y2K+ can support you with difficulties in your life such as: anxiety, low moods, anger, school difficulties, family difficulties, bullying, lack of confidence, isolation and so much more.**

**Y2K+ offer a non-judgemental and safe space for you to be open and honest about the difficulties you are facing.**

**How does the referral process work?**

**Once your referral has been sent to us, it will be looked over by a Y2K+ worker. You will then be given an introduction appointment so we can tell you more about how we can support you!**

Introductory appointment will take place

**Any further questions do not hesitate to get in touch: ninagalloway@youth200project.com**

Sessions will start as soon as possible

Referral received