

YOUTH TALK

We're listening

Every young person deserves someone to talk to.

Growing up has never been easy. But for many young people today, it can feel overwhelming. Alongside the usual pressures of school, friendships and growing up, they're also navigating social media, worries about the future and a world that can often feel very uncertain.

Earlier this year, Youth Talk asked more than 1,200 local young people about their lives through our Growing Up Survey. More than half told us that mental health is one of the biggest challenges facing young people today, while one in six said that life feels difficult right now.

Perhaps what surprised us most wasn't what young people were struggling with, but what they said would help.

Despite growing up in an increasingly digital world, young people overwhelmingly told us they would choose face-to-face counselling with a real person over apps or online support. Someone who would simply listen.

For almost 30 years, that's exactly what Youth Talk has been doing.

Every week, more than 120 local young people come through our doors looking for someone they can trust. Someone who won't judge them. Someone who will help them make sense of what they're going through.

One young person recently told us:

"Waiting lists to see therapists can be so long. It just made everything feel even more impossible. Then I heard about Youth Talk. With their help and guidance, I was able to work through my problems and start to see a way forward again".

Stories like this remind us why our work matters so much. They also remind us why we need the support of our local community.

This year is a particularly exciting one for Youth Talk. Alongside continuing to support young people from our counselling centre in London Road, St Albans, we're planning to introduce a new one-to-one counselling service in Harpenden, helping even more local young people access support closer to home.

As demand continues to grow, so does the importance of building a strong and sustainable future for the charity.



That's why we've launched 100 More.

Before we celebrate our 30th anniversary next year, we're inviting 100 local people to become regular monthly supporters. It isn't about making a huge donation. It's about lots of people doing something small, together.

To help spread the word, our Head of Fundraising and Partnerships, Jim Lewis, has pledged to wear a specially designed 100 More T-shirt every single day until all 100 supporter spaces have been filled. The T-shirt features 100 speech bubbles, with each one being filled as another person signs up to support local young people.

We're delighted that the first speech bubbles have already been claimed by the Mayor of Harpenden, Councillor Kirsti Wrenn, and the Mayor of St Albans, Councillor Matt Fisher, together with their families, who were among the very first to join the campaign. Their support sends a powerful message that our whole community can play a part in ensuring young people never have to face life's challenges alone.



One person can't solve the growing mental health challenges facing young people. But together, our community can.

Regular monthly donations give us something incredibly valuable. They allow us to plan ahead with confidence, invest in our counselling service and continue saying "yes" when the next young person reaches out for help.

As we look ahead to the next 30 years, we're simply asking 100 more people to stand alongside local young people.

Together, we can make sure every young person knows there is someone ready to listen.

David Barker, Chief Executive - Youth Talk



Join the 100

A small monthly gift can make a life-changing difference to local young people. Become one of 100 local people helping ensure Youth Talk is there when it's needed most.

Scan the QR code to find out more.