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## Free drop-in at Peterborough Central Library Fridays 2-5pm

### What is it? Who is it for?

Centre 33 and Peterborough City Council are working together to provide a safe, confidential place where young people aged 13-25yrs can access health related support, including free and confidential counselling, advice on self-help, and access to information on local health related services.

Centre 33 generally offer short-term counselling. This includes an Initial Assessment and then 6 sessions of counselling, which are once a week at the same time each week.

Young people come to us for a wide range of reasons and we will work with you, whatever your issues. If things are getting you down then talking to someone may help. It is completely normal to need support from time to time, and to ask for some help.

If you would like to find out more about what counselling is and how it can help then please have a look at our [frequently asked questions about counselling and Centre 33](http://www.centre33.org.uk/counselling/faq) (<http://www.centre33.org.uk/counselling/faq>) .

### No need for an appointment- just drop by!

The drop-in runs on Fridays, 2-5pm upstairs at Central Library, Peterborough. You can call in to the drop in without an appointment and speak to someone between these hours. Booked counselling appointments are available outside of these hours.

For more information contact Centre 33 main office by phone on 01223 316488.