

## The Area We Cover



We welcome feedback from your experience with IYC, and have procedures in place to take any comments, suggestions or complaints.

We currently have open access centres in Totton, Hythe, New Milton, Fordingbridge and Ringwood. Please see our website for specific opening times and locations.

If you are unable to attend a centre near you, get in touch and we'll assist you as much as we can.

If you are needing assistance outside of our support centre hours, see our website and social media for a list of other organisations that may be able to help.



## It's Your Choice

Helping put the pieces together

Support Centre's  
for 11-25 year olds living in the  
New Forest

37

Salisbury Road

Totton, SO40 3HX

Young Person Helpline: 0800 515 819

Website: [www.iyc.org.uk](http://www.iyc.org.uk)

Email: [info@iyc.org.uk](mailto:info@iyc.org.uk)

@itsyourchoicecnf

#IYCNF



Our Youth Advisors are here to listen and help young people on a one-to-one basis, supporting their needs.

Some of the things you can ask for support with are:

Emotional health & wellbeing such as anxiety, accommodation and homelessness, employability drugs and alcohol, relationships & sexual health, anger management, bereavement, stress and worry about exams.

Our Youth Advisors have the appropriate qualifications to work with young people and receive additional ongoing training to make sure they keep up to date with current issues that can arise.



Want some advice for your next steps?  
IYC help young people to develop employability skills, to explore option choices and to find education, employment and training.

Office Line: 02380 864231

## Information, Advice & Guidance Support Centres

Young people can access a Youth Advisor for free and confidential Information, Advice & Guidance through one of our Support Centres across the New Forest.

Youth Advisors are highly trained, non-judgemental and friendly, and can provide advice, support and ideas as well as just listen when needed. If we are unable to help directly, we will signpost to the most appropriate agency.

No appointment is required but it may be necessary to wait a while to be seen if the Support Centre is busy.

We have a strict confidentiality policy which means we don't tell other people about you or your situation without your permission. However, if we think that you, or someone else may be at risk or in danger, we may need to get help from others to keep you safe. We would talk to you about this first.