



# Mental health support for 11-18 year olds

**Understand, protect and improve  
your mental health.**

We're here for mental health  
information, advice & guidance.

Bring friends, grab some info  
and de-stress with us after a  
long day.

**Every Tuesday &  
Thursday**

**3:00pm-6:00pm**

**At 9-11 Meyrick Street,  
Pembroke Dock, SA72 6AL**

**No need to book an appointment.  
just pop by!**