

Free and confidential counselling, wellbeing drop-ins, LGBTQ+ support, practical support and sexual health services for 11-25 year olds

Our Mission

We offer a caring environment where young people are always supported on their journey towards positive emotional health and wellbeing.



Our Services

the lowdown provides free and confidential counselling, wellbeing drop-ins, LGBTQ+ support, practical support and sexual health services for 11-25 year olds. There is no need for you to experience difficult situations alone. We can help.

You're safe with us

Our fully trained team provides safe, friendly, confidential and non-judgemental services. You can choose how to get in touch and then we'll work out together how we can best support you.

Counselling

Counselling can facilitate, support and empower you to make positive changes.

Who can refer? ANYONE, aged between 11-25 and living within the NN1-NN7 postcode area. The young person must always have consented to the referral.

How do I refer? Submit ONLINE direct from our website, or download and email to referrals@thelowdown.info, or collect a form during our opening times. A support worker can assist with completion.

What happens next? After reviewal, you will be contacted within 2 weeks and offered a 1:1 assessment appointment with a qualified counsellor to discuss your needs and be added to our waiting list.

How do sessions work? Our initial offer is 6-8 sessions for 45 minutes with the same counsellor, at the same time each week. Sessions can be face-to-face or remote by video/phone call

Sexual Health

Our sexual health service will be re-launching in April 2022. Please look out for more information on days and times.

LGBTQ+ Support Services

Our Lesbian, Gay, Bisexual, Transgender and Questioning services offer a safe and confidential space to socialise, meet like-minded people, discuss issues and take part in activities.



Out There Youth Groups:

Every Friday

School Year 7, 8 & 9 : 5:30pm - 7:30pm

School Year 10, 11, 12 & 13 : 7pm - 9pm



Out There Plus Group:

Every Friday

18 - 25 year olds : 7pm - 9pm



Parents and Carers Social :

For parents and carers of young people who are in the LGBTQ+ community. It's a space to meet other parents/carers, gain support and ask questions about our support groups. You can also join the Facebook group by searching for 'Out There Group Parent and Carers Support Network Northamptonshire'.



For information on how to join any of our groups contact us on 07585 737482 or email lgbtqsupport@thelowdownnorthampton.co.uk

For more information on all our LGBTQ+ services visit our website www.thelowdown.info

Registered Charity Number : 1197273

Wellbeing/Drop-ins

If you need support with your mental health or wellbeing, our professional mental health workers are here to listen and help you in your time of need.

Espresso Yourself Wellbeing Café is open on Monday and Friday evenings 4pm-8pm. The café is for young people aged 11-18 years and their parents/carers.



19-25 year olds Drop-In is open every Monday evening 5:30pm-7:30pm. It's a safe place to gain advice, coping strategies and support.

Happier Families Parents Drop-in is open every Friday evening 6pm-8pm for parents and carers of 5-16 year olds to offload, explore strategies to improve relationships with their children and spend time with people in a similar situation.

For all the above services either drop-in to the lowdown during the opening times or call 01604 634385 to book an appointment.

We can help you with a wide range of issues including:

**Abuse - Addiction - Anger
Bereavement - Bullying - Depression
Eating Disorders
Family / Relationship Problems
Gender Identity - Homelessness
Personal Relationships - Pregnancy
Sexuality - Self Esteem - Self-Harm
Sexual Health**

**STIs (Sexually Transmitted Infections)
Stress & Anxiety - Wellbeing
Something Else? Just Ask**

All our contact details are on the back of this leaflet and our website provides lots more information about everything we do.



As a local charity, we rely heavily on donations and sponsorship as well as our fabulous team and volunteers.

How you can support the lowdown

Through one-off and monthly donations, sponsorship, fundraising events (organising your own or supporting ours), or volunteering.



We'd like to take this opportunity to thank our supporters:



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Contact us for more information

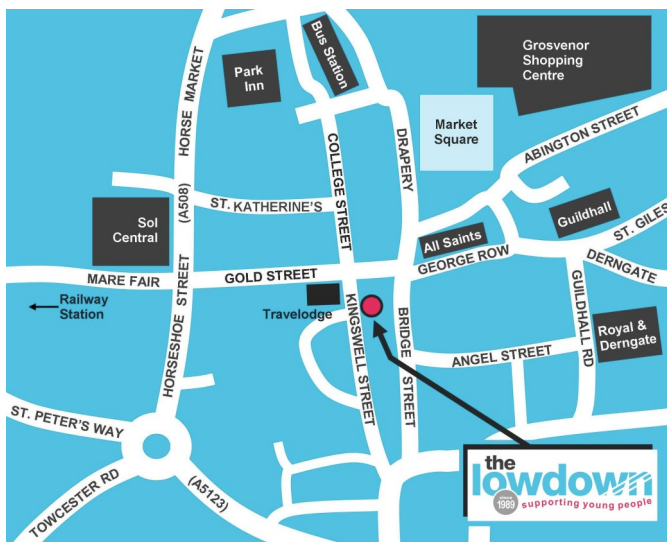
Address 3 Kingswell Street, off Gold Street, Northampton, NN1 1PP

Office **01604 634385**
Mon to Fri 9am-5pm & Sat 10am-4pm

LGBTQ **07585 737482 & 07496 314703**
lgbtqsupport@
thelowdownnorthampton.co.uk

Email **info@**
thelowdownnorthampton.co.uk

Website **www.thelowdown.info**



Organisational Members of:



Registered Charity No. 1197273



Established July 1989



If you ever
need
somebody to
talk
to
we are here to help



A mental health charity providing free and confidential support services for 11-25 year olds in Northamptonshire

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