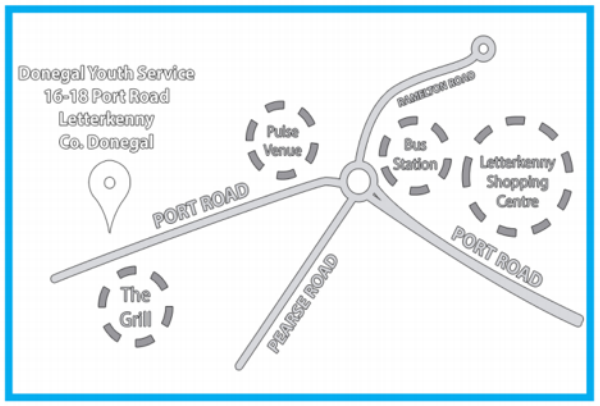
Where do I go?

You can visit us in Letterkenny from
12-6pm Monday to Friday



How do I make an appointment?

074 91 29630
admin@donegalyouthservice.ie
DM us on social media

Don't put it off - contact us today and we will set up an appointment with you as soon as possible.

This is not a counselling service.

YOUTH TALK DONEGAL

A confidential and free support service for young people

YouthTalk
Donegal Youth Service
16/18 Port Road
Letterkenny
Co.Donegal

Phone Number:
074 91 29630
www.donegalyouthservice.ie

Donegal Youth Service
Youth Work Ireland

Reg No: 349076 / Charity No: CHY 15027
Registered Charity Number: 20050696

YOUTH TALK DONEGAL

Is there something bothering you?

Need to talk to someone?

What is One to One Support?

Youth Talk is a listening ear and youth work service. It gives you the opportunity to talk confidentially through any issue you may be having with a professionally trained youth worker. We can help you feel better about yourself, find solutions to problems and assist you in accessing other services.

Who is Youth Talk for?

Youth Talk is suitable for all young people aged between 12 and 25 years of age who would like extra support with any issue they are experiencing. Here are some examples:

- Dealing with stress at home
- Problems with friendships
- Stress about relationships
- Feeling bad about yourself
- Support with sexuality
- Guidance with life choices
- Emotional difficulties
- Bullying
- Anxiety

What are the benefits?

Here are some of the benefits that young people have told us have been a result of using our Youth Talk service:

- Having someone listen to you
- Feeling like someone cares about you
- Better able to solve own problems
- Becoming more self-reliant
- Having support for as long as you need
- Access to accurate information
- Development of critical thinking skills
- Increased self-awareness
- Improved well-being
- Improved confidence
- Building resilience for the future

" I used to think my problems were too much for me, that I was weak and needed someone else to fix them. From going to Youth Talk I have learned a lot about my own strengths and I have learned new skills to deal with my own problems - it is the best thing I ever did for myself"

How do I ask for support?

1. First, have a think and decide if you would benefit from getting some one to one support

2. Then, if you decide this is something you'd like to try, contact us by text, phone or in person and tell us you'd like to do one to one work

3. We will then organise with you a time to meet up

4. When you meet with your youth worker you can decide what you would like to do, what you want to say and when you want to say it

5. Your youth worker will listen, support and help you work through your problem for as long as you need.