



# Winter Holidays Support Line


Free Support Line for Young People  
open from Monday 23rd December  
to Friday 3rd January, 3pm – 6pm.

*Call us to speak to our practitioners and  
for confidential support.*

**0800 980 7475**

[www.talkofftherecord.org](http://www.talkofftherecord.org)

Off The Record' Youth Counselling Charity;  
Registered Charity No. 1051144



**Support for ages  
11-25 in Croydon,  
Merton & Sutton.**