



The Maundy Relief Trust

Charity No: 1075370

## **Maundy Relief Counselling Service**

### **Bridge Drop in**

**For young people age 11 – 18**

- **Monday's 4pm – 7pm**
- **Friday's 12pm – 3pm**



**These drop-in times are until Friday 20<sup>th</sup> December. New times will be given for January 2020 onwards.**

**How to cope with suicidal feelings and self-harm**

**Please telephone 01254 233 467 if you would like more information.**

**Maundy Relief, 29 – 31 Abbey Street, Accrington, BB5 1EN.**