



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

the lowdown provide a free and confidential drop in service six days a week to children and young adults in distress or experiencing crisis.

You can support us in many ways



- 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:



Contact us for more information

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

Office **01604 634385**
Mon to Fri 9:30am-7pm & Sat 10am-4pm

Helpline **01604 622223**
Available during opening times (below)

LGBTQ **07585 737482**
lgbtqsupport@thelowdown.info

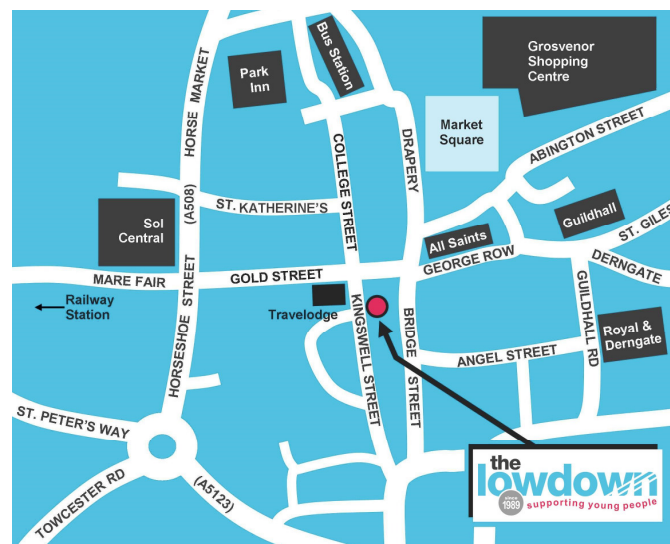
Email info@thelowdown.info

Website www.thelowdown.info



Opening times

Monday, Wednesday 12-3pm & 4-7pm
Tuesday, Thursday, Friday 4-7pm
Saturday 10am-4pm



Registered Charity No. 801886

Established July 1989

If you ever
need
somebody to
talk to
you'll find we speak the same
language



**FREE AND CONFIDENTIAL COUNSELLING SUPPORT,
SEXUAL HEALTH AND LGBTQ SUPPORT SERVICES
FOR 12 - 25 YEAR OLDS**

Free and confidential counselling support, sexual health and LGBTQ support services for 12-25 year olds

Who are we?

the lowdown provides free and confidential counselling support, sexual health and LGBTQ support services for 12-25 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.

In Northampton? Drop in and see us

You don't need to make an appointment during our open hours. We do also accept appointments and referrals made in advance - someone else can make that appointment, or you can simply give us a call.

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



lowdown services include

Helpline **01604 622233**

We'll call you straight back to save your credit if that helps. Your call is confidential and will be answered by a trained counsellor.

We can provide advice and information over the phone or arrange for you to access further support if you need it.

Counselling

Our free and confidential counselling sessions are based on your individual needs. We won't judge you or tell you what to do. We'll support you in making positive changes.

Out There LGBTQ Support Service

Free helpline and various group supports for young people and parents who are or have family/friends who are members of the lesbian, gay, bisexual, or transgender community.



We also support those who are questioning their gender or sexuality.

Please check our website for details of groups:
www.thelowdown.info/issues/lgbtq

Sexual health

the lowdown was voted the "most popular" place in the county for young people to access sexual health support services.

No embarrassment – simply friendly, practical, free and confidential support, including:

- **Nurse** (supporting all your sexual health needs)
- **Chlamydia testing** and treatment
- **Condoms**
- **Information**
- **Pregnancy testing** and next steps
- **Sexual health** and information

Outreach and training

We provide a range of services in schools, colleges, community groups, businesses and on the streets.

Free and confidential services for young people

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

- **Abuse**
- **Anger**
- **Bereavement**
- **Bullying** (including cyber-bullying)
- **Depression**
- **Drugs & Alcohol**
- **Eating Disorders**
- **Family / Relationship Problems**
- **Health & Well-Being**
- **Homelessness**
- **LGBTQ** (lesbian, gay, bisexual, transgender, questioning)
- **Out There LGBTQ Supports** (youth support groups, parent supports and helpline)
- **Personal Relationships**
- **Pregnancy**
- **Self Esteem**
- **Self-Harm**
- **Sexual Health** (we have a Nurse)
- **Smoking**
- **STIs** (Sexually Transmitted Infections)
- **Stress & Anxiety**
- **Something Else? Just Ask**

You can access support in many different ways including drop-in, helpline, email, text (for LGBTQ issues), appointments or referrals, so please feel free to get in touch.

Helpline 01604 622233
www.thelowdown.info