

Virtual

Information, Advice and Guidance for Young People in St Albans and Dacorum during Covid-19

We are operating remotely and are able to provide support to young people by phone, email, social media and through video calling using Hertfordshire County Council approved platform - Microsoft Teams.

Young people may wish to discuss

- **Options after Year 11** Including 6th form, college, apprenticeship or training.
- **Careers guidance** Helping you to identify a career which matches your skills, abilities and interests.
- **Advice on finding employment or training including** CV writing, finding and researching vacancies, completing application forms and interview skills.
- **Emotional wellbeing** Providing you with advice, hints and tips on how to improve and maintain your emotional wellbeing during COVID-19.
- **Support** Around any other aspect of your life, whether that be relationships, confidence, body image or more.

Text Us!

If you would like to speak to us please text the word CAREERS or SUPPORT followed by your name, age and school to **07860 065195**

Alternatively you can email us

yc.stalbans@hertfordshire.gov.uk

yc.dacorum@hertfordshire.gov.uk

Call
01442 454060

For further information on YC Hertfordshire Service's for Young People and for updates on our response to COVID-19 please visit **www.ychertfordshire.org**

YC

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