



**Is something on your mind?**

**Do you live in Ripon,  
Boroughbridge, Knaresborough  
or the surrounding villages?  
Need someone to talk to?**

**We can help you with information and  
advice on issues relating to...  
Health, Housing, Relationships,  
Careers, Drugs, Alcohol, Mental health,  
Volunteering and much more**

**Contact James Parkes  
Targeted Youth Support Personal Adviser  
On:**

**Phone: 01609 533932  
Phone / Text: 07969564426**