



A Listening and Mentoring Project for Secondary School and College Students

The Listening Post is a *free and confidential** listening and mentoring service for young people in the Darlington area.

The Listening Post provides the space, security and respect for a young person's story, by providing *1-to-1 listening sessions* with an accredited and trained listener.

Initial appointments currently take place at Dr Piper House, and some G.P's can make appointments for you online. In certain circumstances, we might be able to facilitate sessions in local educational establishments.

Self referrals can also be made using the following contact details:

How to access The Listening Post



 ListeningPost@dacym.co.uk

 07847 933799

*safeguarding framework applies