

# 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](http://www.ychertfordshire.org)**

YC

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