**About us**

The Youth Friendship Bench is a safe space to find help if you are struggling with “kufungisisa” (anxiety or depression) or any other common mental health problem.

Our services are free of charge and confidential. We are here to help you and enhance your mental wellbeing and improve your quality of life.

Youth Friendship Bench counsellors (YouFB Buddies) are found on benches located in Primary Health Care clinics in your local community in Harare. It is important to us that we are easily available and accessible to you when you decide to take a step towards help and support.

As YouFB we help adolescents who are between the ages of 16-19 years. Those below 16 years of age can get help from nurses and those above 19 years can get help from trained Lay Health Workers who are present at City Health Clinics.

**The Friendship Bench Hub**
4 Weale Road, Milton Park
Harare, Zimbabwe

**Contact us**
www.friendshipbenchzimbabwe.org

**YouFB**

Youth Friendship Bench is here to listen, talk, and to help you so that we can improve your quality of life and promote mental wellness.

Any youth is welcome, no matter your background, history, sex, health or family status. If you are willing to talk, we are here for you.

**YOU ARE NOT ALONE.**