


**NESTS for Youth:** Non-judgmental, Empowering, Self-reflective and Technology-assisted Spaces (NESTS) for youth to improve their health and access to care and support services.



Life can get overwhelming at times while dealing with social life, friends, crushes, attractions, intimate partnerships, break-ups. After talking to over 1200 young adults in their twenties, we at Prayas Health Group realized that there is a need of a confidant, a person who will lend an ear without any judgement and will help in figuring out things. With this in mind we have started



## NESTS FOR YOUTH

Non Judgemental, Empowering, Self-reflective and Technology-assisted Spaces where youth can explore matters they have always wanted to talk about. A young NESTOR will be there to listen to you, help you clear the confusion in your mind and connect you to appropriate services if needed.

**Call us to get your appointment**  
**+91 7775004350**  
Time - Monday to Friday 10 AM to 7PM

PRAYAS HEALTH GROUP  
KARVE ROAD-SAMBHAJI BRIDGE CORNER, DECCAN GYMHANA,  
PUNE - 04

*These interactions will be completely confidential and absolutely free.*



Young people face significant mental and physical health issues which are linked with sexuality with very limited support to share their concerns. While talking to over 1240 unmarried young adults in Pune for the life course research 'Youth in Transition,' we realised that health of young adults can be improved by providing them supportive spaces where they can share their concerns, get help in assessing their own risk and health conditions, get information about available health services which they can access. 'NESTS' for Youth will be these safe spaces for youth to speak about any of their concerns. It could be anything from relationships, safe sex methods, child sexual abuse, intimate partner abuse, self image, gender identity, sexual orientation, loneliness, break ups, depression, anxiety, self harm, feeling suicidal to whatever is troubling them in their lives. One can call the number given below and schedule an appointment with NESTOR (a sensitive listener, who can help in solving the issues one is facing and can link them with further services if needed).

These sessions are completely confidential and free of cost.

Time: **Monday to Friday, 10 am to 7 pm.**

Contact for appointment: **7775004350**

Location:

**NESTS For Youth**, Prayas

Health Group

Karve road-Chatrapati Sambhaji Maharaj Bridge corner,

Pune, Maharashtra 411004

<https://g.page/nests-for-youth?share>