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IT REALLY HELPED HAVING  
SOMEONE TO TALK TO, WHO  
DIDN'T JUDGE ME AND WHO  
MADE IT EASIER TO TALK  
ABOUT MY DRUG AND  
ALCOHOL USE

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## ARE YOU...

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- EXPERIENCING DIFFICULTIES WITH DRUGS AND ALCOHOL?
- WANTING TO KNOW MORE ABOUT SUBSTANCES?
- UNDER 25 YEARS OF AGE?
- WANTING SOMEONE TO TALK TO IN CONFIDENCE?

THEN WE CAN HELP

## WHO WE ARE

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We're a free and confidential drug and alcohol service for young people aged between 10 and 18. We won't judge and we won't tell you what to do. We are here to listen and to support you to make the positive changes that you want.

We have a highly skilled team with many years' experience of supporting young people to live happier, healthier and safer lives. Our workers can also come to see you wherever is most convenient for you.

## WHAT WE OFFER

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- One-one sessions with a keyworker
- Peer Mentoring and support
- Targeted Interventions
- Signposting to other services
- Group Work
- Support if you are affected by someone else's drug or alcohol use