

FREE, FRIENDLY, CONFIDENTIAL SUPPORT ON DRUGS AND ALCOHOL



- We are here to support you during this difficult period
- Our service is running, but we have shifted to telephone-based support
- We are offering appointments via Chat and Video,
- You can email us, or call us from 9:30pm 5pm on weekdays and ask for the Young People's Alcohol & Drug Service
- You can also refer online, the easiest way, and we will try to contact you within 24 hours
- Our support is free and confidential



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