

Youth
Services

Drugs, alcohol and smoking



Where to get advice on drugs, alcohol and smoking

All of our youth workers are here to offer you education, advice and support around drugs and alcohol.

If you want to quit smoking or you want to know the risks around taking drugs and alcohol then you've come to the right place.

We can help if:

- You want to learn more about drugs, alcohol or smoking
- You're concerned about your own drug use or drinking
- You're worried about someone else using drugs or alcohol.

Whatever you tell us, we will not judge you. We'll simply give you the most up-to-date information and support.

More information and support

We also work very closely with [Turning Point drug and alcohol support services](#) who can offer more in-depth one to one to support.

This service is confidential and consent-based. That means that the ball is in your court:

- You agree to the referral.
- You can exit the programme whenever you feel.
- There is no obligation or pressure, just the knowledge that we are here to help.

