

County Durham  
drug and alcohol  
recovery  
services

# Young People Service

**We are a drug and alcohol service that supports young people, adults and their families.**

If you're under 21 years old and live in County Durham we can support you to achieve your goals and offer advice that will help keep you safe.

## **Why would I need you?**

I drink alcohol or take a drug on a regular basis (daily, weekly, monthly).

Someone has suggested that I cut down on my alcohol or drug use.

I want to know more about the risks and dangers of using alcohol/drugs.

I have thought about using less or stopping but I don't know where to start.

**If you answered yes to any of these you may wish to think about working with us.**



Contact us by ringing  
**03000 266 666** and ask for the  
**Young People Service**

We are open: **Monday-Friday 9am til 5pm**  
Late night appointments also available.

A service provided on behalf of Durham County Council by

**humankind**  
for fair chances

**Spectrum**  
COMMUNITY HEALTH CIC