

How long will I work with you?

Our aim is to work with you to achieve your recovery goals in the shortest possible time. We do this by helping you to move forward and become confident to manage your own recovery.

Some young people may be offered 6-8 sessions and feel comfortable to move on, others may take a little while longer. Whichever way it turns out to be for you, we will be here as long as you need us.

Do you want to know more?

If you have any other questions please give us a ring, we're more than happy to answer them and chat with you.

www.codurhamdrugalcoholrecovery.co.uk



If you live in any of the areas below we can support you!

Contact us by ringing

03000 266 666

We are open:

Monday-Friday 9am til 5pm
Late night appointments also available.

If you're a professional supporting a young person you can email referral forms to cddars.yp@humankindcharity.org.uk



Young People Service



Who are we?

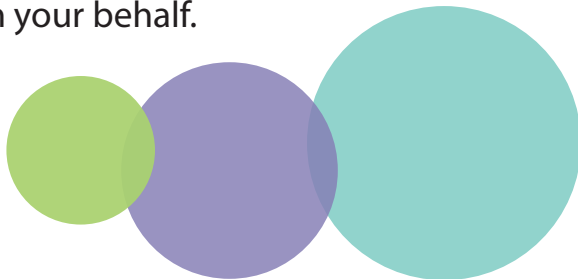
We are a drug and alcohol service that supports young people, adults and their families.

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.

You can refer yourself by phoning the number on this leaflet or ask someone you know and trust to help you out by phoning on your behalf.



What can you do for me?

If you're under 21 years old and live in County Durham the Young People Service can support you.

We can support you to achieve your goals and offer advice that will help keep you safe. Everyone is offered a service to suit their individual needs!

We will first come to see you, and anyone else you would like to be involved, at a place you feel comfortable. This may be at home, school or college, or somewhere in your community.

We will have a chat with you about drugs and/or alcohol use and any other concerns you may have. After this we will work together to create a plan that best supports your needs, offering support until you feel you have reached your goals.



What's on offer

- Increasing your awareness around drugs and alcohol, their effects, risks and harms.
- Bust the myths and give you up to date information around things connected to drug and alcohol use, such as the law.
- Offering psychological and social support to help you make and keep up positive changes.
- Harm reduction advice to help keep you safe.
- Access to health care, including sexual health.
- Individual appointments with a regular worker, someone who will listen and not judge you.
- A voluntary and confidential service.

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