

WHERE TO GET HELP

Addiction support

FRANK

Offers friendly, confidential advice on all things drugs-related. Call now on 0300 123 6600 or text a question to 82111 and FRANK will text you back. www.talktofrank.com

Hope UK

They are a drug education charity – helping equip young people to make drug-free choices. www.hopeuk.org

Turning Point

They help young people who feel that their use is becoming a problem, and those who just have some queries on their minds about certain substances. They help young people up to the age of 25 and support is free. Email or phone any of our centres. Or, fill in our quick online Self-Referral Form. www.turning-point.co.uk/young-people

Release

They are the national centre of expertise on drugs and drugs law. Through their services the team provides free non-judgmental, specialist advice and information to the public and professionals on issues related to drug use and to drug laws.

ask@release.org.uk 020 7324 2989 www.release.org.uk

Action on Addiction

Provides help and information to families and individuals who are worried about alcohol or drug misuse problems. Helpline: 0300 330 0659

actiononaddiction.org.uk

www.ourwatch.org.uk/drugsknowmore



Let's Talk Drugs is an awareness campaign run by young people for young people, supported by Neighbourhood Watch Network



**LET'S
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DRUGS**

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Wellbeing support

Kooth

This is a mobile app that offers anonymous mental health support.

www.kooth.com

YoungMinds

Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help, text YM to 85258. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. www.youngminds.org.uk

Childline

If you're under 19 you can confidentially call, chat online or email about any problem big or small. Sign up for a free Childline locker (real name or email address not needed) to use their free 1-2-1 counsellor chat and email support service. Phone: 0800 1111, Opening times: 7:30am - 3:30am, 365 days a year. www.childline.org.uk

The Mix

Offers support to anyone under 25 about anything that's troubling them. Free 1-2-1 webchat service available. Free short-term counselling service available. Phone: 0808 808 4994 Opening times: 4pm - 11pm, seven days a week. www.themix.org.uk

If you are in an emergency and there is risk to life (that can be your own or another person's), call 999.

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