

Here4Youth

Young people's services



Young people's drug & alcohol service

Here4YOUth is a drug and alcohol service working with young people in Wokingham. We offer support and information, and help young people to develop life skills to make healthy choices around their alcohol and drug use.

What we offer:

- free and confidential advice and support
- a safe environment for you
- information about alcohol and drugs
- information about how you can reduce the harm you might be doing to yourself
- one-to-one support to look at things you might like to change
- referral to other agencies if needed

Our service is for anyone up to the age of 18, living in Wokingham. You don't have to come to the service, we can meet you at home, school or college - wherever you feel most comfortable.

Young people's support service

We also offer support for children/young people who are affected by someone else's alcohol or drug use.

What we need you to know is:

- it's not your fault
- you can't always control what is happening to you
- we can help you

If things are difficult for you, we can offer you:

- someone to talk to who can listen and understand
- a safe environment
- help to improve your skills and strength for coping
- confidential one-to-one support

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