

THE
MATTHEW
PROJECT

unity

**Are you or is someone around you,
worried about your substance use?**

Under 19?

It can feel worrying when your own drug/alcohol use is having a significant impact on you or others around you. If this sounds like you, we can help.



@TMPyoungpeople

Advice Line

If you feel comfortable chatting on the phone, you can chat to us via our advice line -
0800 970 4866
9:00 - 17:00, Monday - Thursday
9:00 - 16:30, Friday

Live Chat

Chat with one of our team through our live chat that runs
Monday - Thursday
16:00 - 19:00

Access it via our Website



matthewprojectyoungpeople.org



unity@matthewproject.org