

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.

Under 19's

We support under 19's and up to 24 year olds for young people with SEND.

Norfolk

We cover all of Norfolk and meet you at a location you feel comfortable such as school, college or a local cafe.

1-2-1 Support

We can provide you with regular non-judgemental 1-2-1 support, information and safety advice.



Additional to one to one support, you can access:

Aftercare

When you leave our service, we have a range of support and aftercare resources to help you on your journey.

Participation

You can have your say on the development of our service for young people. We value your thoughts, ideas and feedback.

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



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

@TMPyoungpeople

