

THE
MATTHEW
PROJECT

YouCan

have support
build confidence
learn new skills



Is a family member's

drug/alcohol use worrying you?

Under 19?

It can be worrying when a family member is misusing drugs/alcohol. Without realising, this can have an impact on those around them. 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.

matthewprojectyoungpeople.org



youcan@matthewproject.org

Additional to one to one support,

you can access:

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



Activities

Take part in activities to help boost your confidence, self-esteem and learn new skills.



Peer Support

Chat with other young people who have been supported by us and have you say on how the service is run.



Aftercare

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

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

CONTACT US

“
“It was good to have someone to keep in check with - to have my own support. It was my little thing.”
”

@TMPyoungpeople

