

THE  
MATTHEW  
PROJECT

# YouCan

have support  
build confidence  
learn new skills



@TMPyoungpeople



**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.

## 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](https://matthewprojectyoungpeople.org)



[youcan@matthewproject.org](mailto:youcan@matthewproject.org)