



THE
MATTHEW
PROJECT

unity

**Are you worried about your
substance use?**

Under 19? Living in Norfolk?

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.

Confidential Service

Nervous about speaking with us? We get it - talking about drugs or alcohol can feel daunting. We're here to help, not get you in trouble. What you tell us stays private, unless we believe you or someone else is at serious risk of harm, or a serious crime is involved. You can find out more about confidentiality via our website: matthewprojectyoungpeople.org/confidentiality

matthewprojectyoungpeople.org



unity@matthewproject.org

Our Support:

1-2-1 Support

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

Location

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

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

