

The Young Hackney Substance Misuse Service provides factual information about alcohol and drugs. Our service is open to anyone aged under 25. The service is free and completely confidential.

We don't judge and we don't criticise. We explain how drugs and alcohol affect you so you can make choices for yourself.



You can call our confidential advice and referral line: **020 8356 7377**
Monday – Friday 9.00am – 9.00pm



You can email us in confidence at: **yhsms@hackney.gov.uk**

You can find out more about the different effects of drugs, and the risks associated with their use, from these websites:



www.younghackney.org/advice
www.drinkaware.co.uk
www.talktofrank.com



Need support?

You may want to cut down your drinking, give up smoking, kick your habit or move on from dealing drugs. We can help. We can offer one-to-one support at one of our youth hubs, or meet with you at a venue that suits you.

If you have concerns about a friend or family member who you think may have a problem with drink or drugs or you're worried they might be dealing drugs, you can refer them to the service (with their permission). We can also help you if their behaviour is affecting you.

Need advice?

If you've got questions about alcohol and drugs and don't know who to ask – we can help.

Maybe you want to know about the effects of drugs, what to do if you feel under pressure to take drugs or drink, or how to help a friend you think might have a problem with drugs or alcohol.



You can find more information on: **www.younghackney.org/advice** or contact our advice line on **020 8356 7377 9.00am – 9.00pm.**

