

# ASK

## Under 18's Drug and Alcohol Team



In need of some information or advice about drugs or alcohol?

Smoking too much cannabis?

Using cannabis to relax or cope with stress?

Finding it hard to stop or even cut down?

All you have  
to do is ASK!!

Finding that your drug or alcohol use is causing  
problems at home or with your friends?

Feeling like you are losing control of your drug or  
alcohol use and don't know how to get it back?

Drinking so much that you can't remember  
some of the things you did?



For a friendly and confidential chat call us on **07825 115005**