

SDAS FOR YOUNG PEOPLE

LISTEN
DON'T JUDGE

help

SDAS Young People's Service is
your drug and alcohol service.

We offer an outreach
service across Somerset
county at a location that
suits you

SDAS
Somerset Drug & Alcohol Service

Somerset Drug & Alcohol Service's Young People's team provide a dedicated specialist service for young people up to the age of 18 or 25 for care leavers.

WHAT WE OFFER

- A non-judgemental service
- 1:1 sessions
- Outreach service - meet you where it suits you
- Space to talk things through
- Up to date and factual information and advice
- Support to look at your drug or alcohol use, what are you using, how much and how often
- Help with deciding what changes you want to make
- Access and support to other services which can support you
- A support plan that looks at all of your needs
- We will support you if you are living with or affected by a family members drug or alcohol use
- A substitute prescription and/or access to detox and rehab where appropriate to support you in achieving your goals.

WE ARE HERE TO SUPPORT YOU

Our service offers you a safe, confidential and non-judgemental place to talk about drugs and alcohol. We support you to look at the changes you want to make whether it's to cut down, quit, gain control or just to learn more about the risks and effects of taking drugs and alcohol.

Contact Us **0300 303 8788**

E: **Somerset.das@cgl.org.uk**

*All information shared is confidential unless there is a risk to you or anyone else.