



## **Young People & Young Adult (YP/YA) Substance Misuse Service**

**WE ARE HERE TO SUPPORT YOU**

**We are a confidential and non-judgmental service, who will work with you in a holistic and collaborative way.**

- **We have a team working across Leicester, Leicestershire and Rutland in various locations, aiming to see young people closer to where they live. We offer a range of intervention to meet young people's needs relating to substances. Working with you to achieve their goals whether that is to reduce use or work towards abstinence. And also some brief intervention focusing on: relationships, resilience and strengths, emotional health and wellbeing, decision making skills, coping strategies and relapse prevention work.**
- **We can offer regular one to one appointments, by phone, video call or face to face (Risk assessed prior to agreement due Covid19). These appointments would include:-**
  - **An assessment to see where young person's substance use is currently**
  - **Goal setting to build a realistic plan of how we move forward**
  - **Education and harm reduction advice**
  - **Up to date and relevant substance information**
  - **Support for to gain control and achieve goals**
  - **We also offer brief interventions (3 information sessions) to if you are affected by someone else's substance misuse**

**Do your young people need HELP?**

**If you are worried, concerned about a young person or would just like to know more information about substances, and how to refer into Turning Point Young People's Service please give us. We are a friendly bunch and easy to talk to. Please call us on 0330 303 600 or go onto our website <https://www.turning-point.co.uk/young-people> or follow us on Instagram [https://www.instagram.com/turningpoint\\_uk/](https://www.instagram.com/turningpoint_uk/)**

**We have a range of Substance fact sheets or service leaflets; please get in touch if you like us to send you some.**

**Annmarie Smyth  
Young People Manager  
[Annmarie.smyth@turning-point.co.uk](mailto:Annmarie.smyth@turning-point.co.uk) 07484097426**