

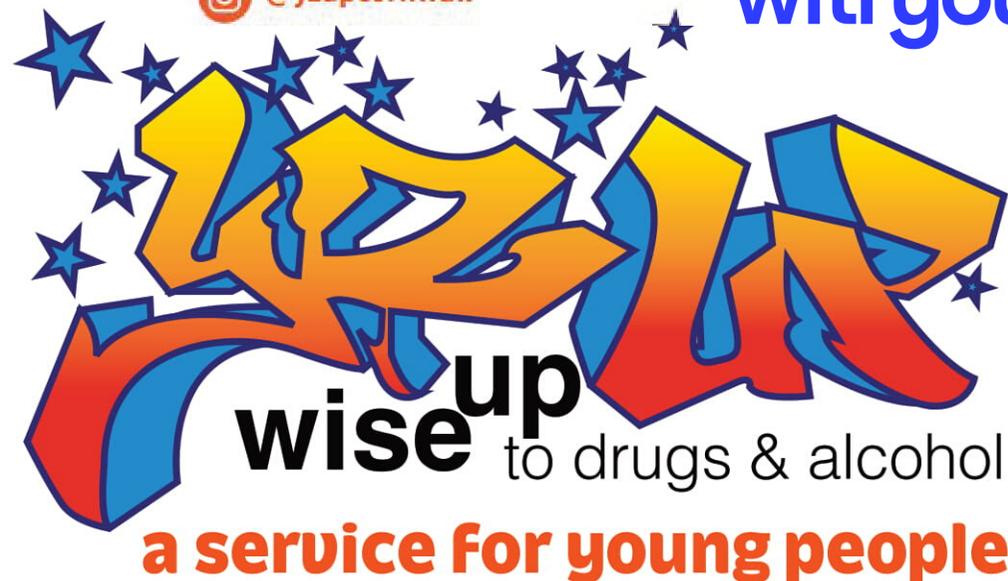
## Tips on staying safe

- If in **any** doubt about what you are taking or drinking - don't do it! (Listen to your gut feeling).
- If you or your friends feel unwell - **stop!** Call 999 (you won't get in trouble).
- Don't use or drink alone.
- Don't mix substances as this will increase the risk of overdose which could be fatal.
- If you feel under pressure: talk to someone about it, whether it's a family member, friend, teacher or a support service.
- Get as much information as you can - use trusted websites such as FRANK, Drugscope and Know The Score.
- If you feel that your substance use is becoming problematic or making you unhappy then call YZUP.

f YZUPCornwall

@yzupcornwall

**we are  
withyou**





## Who we are

YZUP is a confidential and professional drug and alcohol service for young people aged 11 to 18 in Cornwall and the Isles of Scilly.

We offer support, advice and interventions to help young people stay safe and manage themselves around drugs and alcohol.

We not only offer support to young people directly involved in using substances, but we can also offer parental support and support for young people affected by a family member's substance misuse.

## How to access support

If you feel that you need to access support from us then you can call us and we can take a referral over the phone. Once we have your details we will arrange to meet you at a time and location that suits you and we can complete a short assessment. Together we will create a plan to help you address your needs in a realistic time frame.



We would appreciate your feedback on our service to support service development, so please complete our survey at <https://www.surveymonkey.co.uk/r/KRG8GH7>

YZUP can offer you professional support every weekday from 9am until 5pm

# 01872 300816

Call our confidential helpline to talk to a worker