

## Get in touch

### Call

01743 294700

### Email

SRPinfo@wearewithyou.org.uk

## We Are With You Shropshire

We provide free & confidential support to young people experiencing issues with drugs or alcohol.

We work with people on their own goals, whether that's staying safe and healthy, making a small change or stopping an unwanted habit.

Want to chat? We are With You.

[wearewithyou.org.uk](http://wearewithyou.org.uk)

# We will work with you to make a change

A free and confidential service for  
young people affected by drugs  
or alcohol.

## Follow us online

### Instagram

wearewithyoushropshire

### Facebook

wearewithyoushropshire

### Twitter

@WithYouShrops



withyou

## Get in touch with our free, confidential service & talk to one of our trained staff.

We're here to listen – you can tell us as little or as much as you want.

We'll work with you on your own goals, whether that's getting a bit of advice, cutting down your drug or alcohol use or stopping completely.

### Who's this service for?

This service is for you if you're:

- under 18
- living in the Shropshire area
- worried about your drug or alcohol use

### Help for friends and family

You're welcome to contact us if you're worried about a young person's drinking or drug use.

Call our parent/carer line on 07870 503197 & we will get back to you.

## What happens when you visit us for the first time

When you first speak to us, we'll talk about your drug or alcohol use so staff can get an idea of what help you need.

We may also talk about other aspects of your life & how you're feeling in general.

Staff will also talk to you about what help you need now, & what plans you want to make for the future.

These plans are based on what you want to do at a pace that suits you. You won't be made to do anything that you're not ready to tackle.

This conversation usually lasts about an hour.

## Talk to us online

Whether you need information for yourself or advice to support a friend or relative our webchat service is here for everyone.

Start a webchat by clicking on the chat button on the bottom right hand side of our website. You can access webchat on your laptop or mobile.

We've used our webchat service to speak to over 11,000 people in need

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