

ARE YOU EXPERIENCING PROBLEMS WITH DRUGS OR ALCOHOL?

Catch22 Surrey Young People's Substance Misuse Service can help you

Catch22 is a social business, a not for profit business with a social mission. For over 200 years we have designed and delivered services that build resilience and aspiration in people and communities.  
**Catch-22.org.uk**

## GET IN TOUCH

Catch22 Surrey Young People's Substance Misuse service is a service for young people aged between 11 and 25.

We offer free confidential advice and support.

If you would like to know more about the risks and effects of alcohol or drugs, or are struggling and would like some help- we will listen and help you work through your problems.

## PLEASE CONTACT

**24/7 helpline:** 0800 622 6662

**T:** 01372 832905

**Text:** 07595088388

**Email:** [ypsm@catch-22.org.uk](mailto:ypsm@catch-22.org.uk)

**Facebook & Twitter:** Catch22 YPSM

**W:** [catch-22.org.uk/surrey-substance-misuse](http://catch-22.org.uk/surrey-substance-misuse)

**Drug information for young people**

<http://www.talktofrank.com/>

**catch  
22**

Surrey  
Young People's  
Substance Misuse  
Service  
11-25

**catch  
22**

TALK TO US ABOUT ANY PROBLEMS YOU HAVE WITH DRUGS OR ALCOHOL



# SURREY YOUNG PEOPLE'S SUBSTANCE MISUSE SERVICE

**Surrey Young People's Substance Misuse is a service for young people aged between 11-25 . We offer free and confidential support.**

If you would like to know more about the risks and effects of alcohol or drugs, we can:

- Provide you with your own worker who will support at your own pace at a location where you feel safe to talk
- Help you understand the risks involved in taking drugs and alcohol
- Give you advice, support and the skills you need to help you reduce or stop using substances
- Give you advice and support to tackle other problem you are facing
- Support you in achieving your goals and connecting you with others that can help

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I just wanted to say **thank you for helping me** this past year or so, because without your support I wouldn't have had this job and I would still be drinking uncontrollably. **You're the first person I've spoken to in all my years of counselling that's actually helped!** So yeah, thank you.

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My worker has been **so helpful and kind**, even when I have had bad days.

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**I learned so much about myself** through having the support with Catch22. My worker and I talked about what I have been going through **he listened to me and never judged me; it was a safe place** for me to really talk about how I was feeling.

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**FREE 24/7 HELPLINE:  
0800 622 666**

This is our free 24 hour confidential helpline. If you are a young person , parent or carer and need someone to talk to about drugs and alcohol then please contact us.

Whether it's you that needs support or you know someone who does, then please contact us—we are here to help.