

National helplines

NHS Direct **0845 46 47**

24 hour helpline for health advice and information.
In an emergency (e.g. overdose) dial 999

FRANK **0800 77 66 00**

. **www.talktofrank.com**

24 hour helpline providing free and confidential advice, information and support about any drug issue. FRANK also have leaflets that they can send you free of charge which explain all about the different types of drugs.

Drinkline **0800 917 8282**

Providing information and advice on alcohol issues

Release **0207 7299904 / 0845 450 0215**

24 hour helpline offers information on arrest, the law, and legal issues

Crime Stoppers **0800 55 51 11**

If you suspect someone of committing a crime, call Crime Stoppers anonymously to give information.

ChildLine **0800 1111**

. **www.childline.org.uk**

Free 24 hour helpline for children or young people who are in trouble or danger.

Parentline Plus **0800 018 2138**

Support and information for anyone parenting a child.

South Devon Drug and Alcohol Service, Torquay **01803 291129**

Support and information for Torbay residents over 18 years old.

Torbay Young Carer's Service **01803 208365**

Support and information for young people who care for someone with drug and/or alcohol problems

Useful websites

www.addaction.org.uk

Information and advice drugs and alcohol

www.drugscope.org.uk/wip/24

Information and advice for young people about drugs and alcohol (with talking pages)

www.familyrapp.com

Answers to parenting questions – includes a drug section.

www.talktofrank.com

Information and advice on drugs and alcohol.

www.thesite.org

A guide to the 'real world' for young people aged 16 – 25.

www.wrecked.co.uk

Information and advice on alcohol

www.wiredforhealth.gov.uk

Department of health website with linked information and advice on drugs and alcohol

TORBAY YOUTH OFFENDING SERVICE
a working partnership

TORBAY COUNCIL

Children's SERVICES
Transforming children's lives together

Safer Communities Torbay

FRANK
0800 77 66 00 talktofrank.com

check point

Illustrations by Darren Whittington/Gendall
Updated January 2008

4816/0108

TORBAY'S UNDER 18 DRUG AND ALCOHOL TEAM



In Torbay we have specialist drug and alcohol services to help young people.

Our team of specialist under 18's drug and alcohol workers in Torbay are:

What Torbay young people have said:

Are you using drugs or alcohol to help you with problems or block out painful feelings?

Do you need information or advice?

Are drugs and alcohol taking over your life?

Do you want to cut down or stop?

Do you need specialist support? e.g. one-to-one work for people with issues

Would you like help reducing the harm caused by drugs and alcohol?

Are you worried about someone else's drug or alcohol use?

Do you want to learn more about drugs and alcohol?

Are drugs and alcohol part of the bigger picture?

BUT HOW CAN YOU HELP ME?

Under 18s drug and alcohol worker at Checkpoint

7 Victoria Road, Ellacombe, Torquay
Telephone: 01803 200100

Drug and Alcohol worker at Torbay Youth Offending Service

Commerce House, Abbey Road, Torquay
Telephone: 01803 201655

Drug and Alcohol Youth Worker at Torbay Youth Service

Telephone: 01803 206480

Workers can see you at premises throughout Torbay (Torquay, Paignton and Brixham). You can discuss a time, day and place that is convenient to you.

They can also provide group work for young people, education in schools, help for parents and training for professionals.

"they just explained stuff about cannabis to me really simply"
Torquay male, age 14

"I'd heard loads of myths, but the worker told me the truth"
Brixham female, age 16

"My worker is always there if I need to talk about something"
Torquay male, age 15

"I had a major problem and they helped me sort it out"
Paignton female, age 14



Are the services confidential?

The information you give will be treated confidentially. The worker will discuss this in detail when you meet.

What will happen if I contact someone?

You will be treated with respect and not judged in any way.

We will try and see you within the next five days at a place that is convenient and comfortable for you.

You can come alone or with someone else.

After an initial chat you can discuss whether you would like more regular appointments.

You will usually see the person that you contact, but if you would like to change your worker – just ask and we will try and arrange something. We won't be offended!

If you are worried about any of this, just give us a ring and talk to us.

