

Are you aged 10 – 19 or up to 24 with Special Educational Needs or Disability who needs support around drugs or alcohol use?

NY Rise offer a free, confidential service to young people across North Yorkshire.

We can help if you :

- Want some support to reduce or stop using alcohol or drugs
- Want to find out how to stay as safe as possible
- Are worried about the effect your use is having on your mood, health, education or relationships

We also can support people accessing the service with sexual health and emotional support – helping you to be happy, self-confident and resilient.

We'll do our best to see you at a time and place that suits you.

To discuss how we can support please get in touch:

Telephone: **01723 330730** (option 2)

Freephone: **08000 141480** (option 2)

Email: NYYP.admin@Humankindcharity.org.uk



This service is provided on behalf of North Yorkshire County Council by **humankind**