

Get in touch

Central Team

Ringway House
Percy Street
Preston
PR1 1HQ

East Team

C/O CVS Building
62-64 Yorkshire
Street
Burnley
BB11 3BT

North Team

C/O YMCA
New Road
Fleet Square
Lancaster
LA1 1EZ

Call

0808 164 0074 (This number is free to call)

Facebook

facebook.com/WeAreWithYouLancs

Instagram

Instagram.com/wearewithyoulancs

Our office opening hours are

Monday – Friday

9am to 5pm

Webchat

Monday – Friday 9 am to 9 pm and
Weekends 10 am to 4pm

We Are With You in Lancashire

We provide free and confidential support to young people experiencing issues with drugs, alcohol or mental health. We help young people achieve their goals, whether that's staying safe and healthy, making changes or reducing harm.

Want to chat? We Are With You.

wearewithyou.org.uk

We will work with you to make a change

A free and confidential service for young people under 25 affected by drugs and alcohol.



**we are
withyou**
in Lancashire

In partnership with:

Lancashire
County
Council



Come and visit our free, confidential service and 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 25
- living in Lancashire (Excluding Blackburn and Blackpool)
- worried about either your drug or alcohol use or someone else's

Help for friends and family

You're welcome to come and talk to us if you're worried about someone else's drinking or drug use.

What happens when you visit us for the first time

When you first visit 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, for example education, work, your friends, family and how you're feeling in general.

This will help us give you the right support.

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

need
to talk?
we are
with you

