



we are with you

Recommended substance misuse
resources **for young people**

we are withyou

This toolkit is for anyone supporting a young person who is at risk of, or is using substances. We Are With You have carefully chosen resources that anybody can complete with a young person, whether you are a professional, friend or family member. You do not need to be a trained drug and alcohol expert to be able to use these resources.

If you need more information on any of the resources in this pack, or if you feel the young person needs more support than you can offer, please contact We Are With You in Lancashire for Young People on **0808 164 0074 (Freephone)**, **spoc.yalancs@wearewithyou.org.uk** or via our webchat at **www.wearewithyou.org.uk**



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