

# North Yorkshire Young People's Drug and Alcohol Service



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

If you are a young person who lives in **North Yorkshire aged 10-18, or 19-24 with SEND (Special Educational Needs and Disability)** and need **support around drugs or alcohol**, we can help.

Our service is free, friendly and confidential.

We can help with:

- **Support to improve your health and well being**
- **Support to stop or reduce alcohol or drug use**
- **Education and advice around drugs and alcohol**
- **Family support**

We can also provide guidance to schools, colleges and other professionals.

Phone us or contact us via the email address provided to make a referral, or to discuss how we may be able to help.

Please call **01723 330730** (option 2) or **08000 14 14 80** (option 2) freephone number

We are open **9am-5pm** Monday to Friday.

Alternatively, you can email us:

**[NYYP.admin@humankindcharity.org.uk](mailto:NYYP.admin@humankindcharity.org.uk)**