

Are you worried about your use of drugs, alcohol or solvents?

- Do you spend a lot of time thinking about how and when you'll get your next 'fix'?
- Do you spend more money on it than you used to?
- Has your performance at school, college or work been affected?
- Have you given up your favourite activities, or even lost friends as a result?
- Is your drug or alcohol use causing problems at home?
- Do you feel unable to cope without your chosen substance?

 The
Solihull
Partnership

str8
Up
can
help

If any of these issues affect you, then Str8 Up can help. We can:

- Provide friendly and confidential, one-to-one support.
- Help you to understand your drug or alcohol use, why you may take your chosen substance and look at ways of addressing possible causes.
- Help you to manage anger, stress and anxiety and point you in the direction of other services that can also help.
- Provide counselling.

Our service is free and available to under 18's living in Solihull or attending a Solihull school. We don't always need to tell your parent or carer that you are involved with our service.

Contact us for further information:

Phone: 0121 788 5390

Text: 07795 400 755

Email: str8up@solihull.gov.uk

