

# SUFFOLK RECOVERY NETWORK YOUTH SERVICE

LISTEN  
DON'T JUDGE

help

Suffolk Recovery Network  
Youth Service is your drug  
and alcohol service.

We offer an outreach  
service across the county  
at a location that suits you

**TURNING  
POINT**  
inspired by possibility



The youth service is a dedicated specialist service for young people up to their 19th birthday - and beyond if necessary.

## WHAT WE OFFER

- A non-judgemental service
- 1:1 sessions
- Outreach service - meet you where it suits you
- Education about drugs and alcohol
- Space to talk things through
- Up to date and factual information and advice
- Support to look at your drug or alcohol use, what are you using, how much and how often
- Help with deciding what changes you want to make
- Support to cut down, quit and gain control
- Access and support to other services which can support you
- A support plan that looks at all of you not just about your drug or alcohol use.

## WE ARE HERE TO SUPPORT YOU - WHATEVER THE ISSUE.

Our confidential\* service covers Suffolk and is flexible so we can meet you wherever works for you - school, youth club, home or somewhere else.

### TURNING POINT'S SERVICE IS FREE.

Contact Us **0300 123 0872**

E: [suffolk@turning-point.co.uk](mailto:suffolk@turning-point.co.uk)

[www.turning-point.co.uk](http://www.turning-point.co.uk)

[wellbeing.turning-point.co.uk/suffolk/](http://wellbeing.turning-point.co.uk/suffolk/)

\*All information shared is confidential unless there is a risk to you or anyone else.