



## West Sussex

### Young Person's Substance Misuse Service

#### We aim to:

- ▶ Provide a safe space for you to talk about your drug/alcohol use as well as your overall needs
- ▶ Meet with you at a place and time that suits you
- ▶ Look at ways to help you stay safe
- ▶ Help you to get in touch with other agencies
- ▶ Work with you to make the changes you want to make

#### About us

We are a friendly, non-judgmental and understanding team who provide free, confidential, advice and information about drugs and alcohol.

#### Is this service for me?

Yes, if you are:

- ▶ under 18 years old
- ▶ using drugs and/or drinking alcohol
- ▶ worried about your drug/alcohol use or have had someone else tell you they are concerned

#### How can I get in touch?

**Phone 0300 303 8677**  
(option 1)

**Text 07779 339 954**  
(we can call you back)

#### Email

**[wsypsms@cgl.org.uk](mailto:wsypsms@cgl.org.uk)**

With effect from the 1st April 2016 Crime Reduction Initiatives (CRI) is changing its name to change, grow, live (CGL) Registered Office: 3rd Floor, Tower Point, 44 ~North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327). Company Registration Number 3861209 (England and Wales).

