



## Who can access Head START?

---

If you are a young person who is affected by substance misuse or you are worried about another young person, we can help. Please see our contact details for ways you can get in touch.

## How can we support you?

---

Substance misuse is serious. It causes family conflict and can expose young people to dangerous situations such as crime. It can also impact on mental health and wellbeing. Our Care Coordinators are on hand to offer confidential support based on your individual needs.

# HEAD START

## What the service offers

We provide friendly and expert advice on drugs and alcohol to young people.

We support young people to understand the Effects/harm substance misuse has on the body and mind, and the impact it can have on people around them.

We can offer a safe place for you to be able to talk about things that are bothering you.

Our service is completely confidential and you can share information with us without worrying about getting into trouble.

We offer a wide range of services and support ranging from one off advice sessions to longer term support. These include:

- **One to one young person centred interventions which identifies risk and protective factors to support change.**
- **Group work sessions for young people, which provide education and advice to reduce or prevent the harm associated with drug and alcohol use. These sessions can be at a place which suits young people.**
- **Bespoke substance specific sessions on cannabis, alcohol and Novel Psychoactive Substances (legal highs) etc.**
- **Training programmes for professionals working with young people to increase confidence in identifying and responding to drug and alcohol issues among young people.**
- **Support for parents and families who are concerned about a young person and need advice.**

### CONTACT

---

Whitby Street  
Hartlepool  
Tel: 01429 285000  
substance misuse@hartlepool.gov.uk

### OPENING TIMES

---

9.00am - 5.00pm  
Monday, Tuesday, Wednesday,  
Thursday, Friday