

THE
MATTHEW
PROJECT

YouCan

have support
build confidence
learn new skills



Is a family member's

drug/alcohol use worrying you?

Under 19?

It can be worrying when a family member is misusing drugs/alcohol. Without realising, this can have an impact on those around them. If this sounds like you, we can help.

Confidential Service

Worried about speaking with us? We will only share what you tell us if you give us your consent, if we believe you or someone else is at serious risk of harm, or if a serious crime has been or may be committed.

You can find out more about confidentiality via our website:
matthewprojectyoungpeople.org/confidentiality

matthewprojectyoungpeople.org



youcan@matthewproject.org

Our Support:

Live Chat

Chat with one of our team through our live chat that runs Monday - Thursday 16:00 - 19:00

Access it via our Website



Advice Line

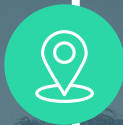
If you feel comfortable chatting on the phone, you can chat to us via our advice line - 0800 970 4866.

9:00 - 17:00, Monday - Thursday
9:00 - 16:30, Friday



1:1 Support

We provide you with regular non-judgemental 1:1 support, information and safety advice.



Location

We cover all of Norfolk and meet you at a location you feel comfortable.



Aftercare

When you leave our service, we have a range of support and aftercare resources to help you.



Participation

You can have your say on the development of our service for young people.



Activities

Take part in activities to help boost your confidence, self-esteem and learn new skills.



Peer Support

Chat with other young people who have been supported by us.

CONTACT US

@TMPyoungpeople

