

# Year 9 Drugs and dilemmas

## Sources of support and further information



### Adfam

UK charity supporting friends and family of those using drugs



### Alcohol Change

UK charity aiming to reduce the harm caused by alcohol



### BEAT

UK charity supporting those affected by eating disorders



### Childline

Charity offering confidential support via phone and chat



### Forward Trust

UK charity supporting people in breaking the cycle of addiction



### Frank

Drug advice service, created by the UK government



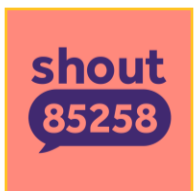
### Help for Dependency

Organisation supporting young people with addictions



### Release

UK charity providing legal advice and support about drugs



### Shout

Free, confidential, anonymous text support service



### The Mix

Charity supporting young people in making informed choices



### With You

UK charity offering confidential support about drugs and alcohol



### YoungMinds

UK charity working to improve young people's mental health