

Contact Us:

If you would like to talk to someone about One80 please call **01274 745 636** where you will be able to talk to one of our friendly team. Don't worry if you don't get through straight away, please leave a message and we will get back to you as soon as possible.

For Professionals

If you are a professional working with someone who would like to access support you can make a referral through our secure, online web form, which can be found at thebridgeproject.org.uk

Find 'One80' under 'Help and Services', there you will find the link to the 'Professionals' Referral Form'.

When making a referral all we ask is that the young person lives in Bradford Metropolitan District, is under 21 years old and has given consent for the referral to be made

If in any doubt, please call and speak to a member of the team



Registered Charity No: 517356

Further Support

Mental Health:

- **Kooth.com** – online support for Young People
- **Qwell.io** – Online support for people 19+
- **mindinbradford.org.uk** – Information advice and support for young people and adults
- **Youngminds.org.uk** – Information advice and support for young people.

FIRST RESPONSE – EMERGENCY
HELP FOR PEOPLE
EXPERIENCING AN ACUTE
MENTAL HEALTH ISSUE
0800 952 1181

Talk To Frank

Information about drugs and their effect can be found at talktofrank.com
Tel: 0300 123 6600

One80

 Tel: 01274 745 636 or 723 863

 Email:

info@thebridgeproject.org.uk

 Find us on Facebook

People Can and Do Recover.

**Young Persons
Drug and
Alcohol
Service**



WHO ARE WE?

One80 are a non-judgemental team, we work as a part of the Bridge Project.

Our aim is to help young people with issues they face around drug and/or alcohol use.

We work with you to help you make the changes you want, at your pace.

We work with you to help you stay safe.

We are a free *Confidential* * service.

*Sometimes it is necessary to share information, but your worker will talk to you about this

WHAT CAN I EXPECT.

- Tailored one-to-one support.
- Appointments that suit you.
- Personal goals set at your pace.
- Help to understand and change your drug use .
- Friendly, thoughtful and considerate workers.
- Referrals to other relevant services.

bridge
a way forward

If you are someone who uses any drug we believe the more you understand about your drug use the better chances you have of making the changes you want to make. There are things that you can do to help yourself and we know that this can be challenging. Things to look at could be:

- Understanding the drugs, you use or have used and how they effect your body and mind
- What do you get from your drug use and how does this impact on your life?
- Are there people, places or times that might trigger your use?
- What else could you be doing instead of using
- Talking to people you trust, friends, family, schoolteachers, youth workers or specialist workers like the ones you will find at One80
- Seeking out changes and planning the future that you want. We all have dreams and aspirations that we can work towards