



Wize-up

Thurrock

ARE YOU A YOUNG PERSON WORRIED ABOUT DRUGS OR ALCOHOL?

WE ARE A FREE AND CONFIDENTIAL DRUG AND ALCOHOL SERVICE FOR YOUNG PEOPLE UNDER 18 AND FAMILIES IN THURROCK.

WE WON'T JUDGE OR TELL YOU WHAT TO DO. WE'RE HERE TO LISTEN AND SUPPORT YOU, AND HELP YOU TO MAKE POSITIVE CHOICES AND CHANGES.

WE ALSO OFFER SUPPORT IF YOU ARE AFFECTED BY SOMEONE ELSE'S DRUG OR ALCOHOL USE.

CONTACT US TO FIND OUT MORE

01375 376 111

THURROCK.WIZE-UP@CGL.ORG.UK

 facebook.com/ThurrockWizeUp

 [@CGL_wizeup](https://twitter.com/CGL_wizeup)

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For more information visit
www.changegrowlive.org/young-people

This service is part of the charity:





Change, grow, live (CGL) Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327) and in Scotland (SC039861). Company Registration Number 3861209 (England and Wales).