

# Do you, or anyone you know, want to be free from drugs or alcohol misuse?



NORTH YORKSHIRE HORIZONS



## We can help you

North Yorkshire Horizons is here to help you recover from drug and alcohol addiction.

We offer a confidential, non-judgemental service to people, including families, affected by drugs and/or alcohol.

Our aim is to support you to stay safe and live happier, healthier lives, free from drugs and alcohol.



## How we can help

We can support you with treatment and recovery in a number of ways:

- You can join one of our local recovery groups
- When you leave treatment, we can give you ongoing support in the community
- We can support you to get specialist services and mutual aid
- Working with community groups, we can help you find opportunities for employment, education and voluntary work

## Where we are

We have 5 main Hubs in Harrogate, Northallerton, Selby, Skipton, and Scarborough. We also provide support in rural areas where we use a wide range of local community venues to offer recovery groups.

## Early Intervention and Prevention

We support for people going through the criminal justice system, injecting drug users and those that use drugs other than heroin. We can provide:

- Guidance for people using New Psychoactive Substances ('legal highs'), 'club drugs', cannabis and steroids
- Sterile injecting equipment through local pharmacies, the hubs and mobile to your home
- Assessment and support for people in police custody
- Resettlement support for people released from prison

## Recovery and Mentoring

We can support you with your treatment and recovery in a number of ways:

- You can join one of our local recovery groups
- When you leave treatment, we can give you ongoing support in the community. We can support you to get specialist services and mutual aid
- Working with community groups, we can help you find opportunities for employment, education and voluntary work

For more information, advice, support and to 'self-refer' to the service;

Freephone: **08000 141480** (9am - 5.30pm, Monday to Friday)

Email: **info@nyhorizons.org.uk**

Web: **www.nyhorizons.org.uk**

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North Yorkshire Horizons services is provided, on behalf of North Yorkshire County Council, by Humankind, Spectrum and Changing Lives.