

ALCOHOL AWARENESS WEEK

Supporting Children, Young People & Families



Alcohol Awareness Week is an opportunity to reflect on our wellbeing and understand where support is available for ourselves, our children and our families.



SUPPORT FOR YOUNG PEOPLE



Oxfordshire

Cranstoun Here4YOUth

Confidential support for young people affected by alcohol or substance misuse.



01865 590825



cranstoun.org



Reading

SOURCE

Free and confidential support for young people around alcohol and drug use.



0118 937 3641



wearesource.org.uk



NATIONAL SUPPORT



Talk to FRANK

Information and confidential advice about alcohol and drugs.



talktofrank.com



YoungMinds

Mental health support and guidance for young people and parents.



youngminds.org.uk



NHS Alcohol Advice

Trusted information about alcohol and wellbeing.



nhs.uk/live-well/alcohol-advice



SUPPORT FOR PARENTS & CARERS



Drinkaware

Advice, resources and practical tools to understand alcohol use and access support.



drinkaware.co.uk



Alcohol Change UK

Resources, guidance and information to help you reflect on your relationship with alcohol.



alcoholchange.org.uk



NEED MORE HELP?

If you are concerned about your child, yourself, or a member of your family, please speak to your GP, school pastoral team, or a trusted professional. You are not alone – help is available.

OUR VALUES



Aim high



Be inclusive



Work together



Together we can support the wellbeing of our children,