

Are you 25 years old or under?

Are you worried about yours or somebody else's alcohol/drug use?

Do you have questions about drugs/alcohol that need answering?

Do you need support to get you back on track?

**WE CAN HELP YOU!**



Image used courtesy of digitalart @freedigitalphotos.net

**Contact Us At:**

**Get in Touch**

Neath Port Talbot  
 15 Victoria Gardens  
 Neath  
 SA11 3AY  
 T: 01639 633630  
 E: admin15@wcada.org

Bridgend  
 Celtic Court  
 Bridgend  
 CF31 1TZ  
 T: 01656 667717  
 E: adminbridgend@wcada.org

**Office Opening Hours:**  
 Mon to Thurs: 9am - 4:45pm  
 Fridays: 9am - 4pm

Facebook: Wcada

Twitter: Wcadaswitch



0800 6 33 55 88

DAN 24/7 is a free and confidential helpline. Calls from public telephone boxes are free of charge; calls from a mobile phone may incur a charge.

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 Registered Charity No: 1087685  
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**Youth Service**

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 t: 01656 667717  
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**www.wcada.org**

# WHO WE ARE

The Welsh Centre for Action on Dependency and Addiction is a registered Charity and limited company. It was founded in 1979 and operates across Swansea, Neath Port Talbot and Bridgend.



# WHAT WE DO

SWITCH is a separate young person's alcohol and drug service offering free and confidential advice, information and support to young people under the age of 25 in the Bridgend area and Neath Port Talbot area.

We aim to reduce the risk and harm caused by alcohol and drug misuse. We are not here to preach at young people only to provide advice and information to enable young people to make safe and informed choices.

# SWITCH SERVICES

The services offered include:

- Advice, information, support, face to face or over the phone.
- Safer sex advice and free condoms.
- Group work such as alcohol and drug awareness.
- Kickz football, media nights, forest school, music classes...and many more activities!
- Practical support – education, training and employment support, and benefits and housing advice.
- Referral to medical interventions such as prescribing or detox following assessment.
- Referral to residential rehabilitation – pre and post advice and support.
- Support for young people who have been affected by another person's substance misuse.

This is a **FREE**  
and **CONFIDENTIAL**  
service!

# FURTHER INFORMATION

The WCADA SWITCH website offers a host of additional information relating to harmful substances.

Want to know the damaging effects of alcohol or the low down on cannabis? Download one of our free leaflets and get the correct info!

The site also includes media such as video and powerpoints. Check it out at:

[www.wcada.org/services/young-persons](http://www.wcada.org/services/young-persons)

# LET US KNOW WHAT YOU THINK

To improve our services we welcome and encourage feedback to continuously enhance the quality of services that we provide.

We hope that you are happy with the service we provide, however if you are not, or you feel that we could do something better (or differently) please let us know.