

Finding Support

If you or someone you know is having trouble with alcohol or other drugs there are many places to get support. Use this activity to find the resources that are best for you.

Write down some of the people within your school who can provide support.

Now write down some people, agencies or websites outside of school who can provide support.

Design a front page of a website for young people looking for help with drug and alcohol problems. You can draw this, or get on the computer and design in a web-based program. Use the space below to brainstorm.