

Finding support

If you or someone you know is having trouble with alcohol or drugs there are many places to get support.

Step 1: Write down some of the people *within* the school who can provide support.

Step 2: Now write down some people, agencies or websites *outside* of school who can provide support.

Step 3: Get your creative caps on and 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.