

NGAGE

with aquarius

SOMETIMES EVERY
DAY FEELS LIKE A
RAINY ONE...

*Sometimes you may think
alcohol and drugs are the
only option...*

Who is Ngage?

Ngage is a voluntary drug and alcohol service for 10 - 18yr olds across Northamptonshire.



We are a free non-judgemental and confidential service offering support to young people who are

- Thinking about using drugs or alcohol
- Currently using drugs or alcohol

BUT ALWAYS...

Ngage is here to help give you some control back and support you to make changes

**Sometimes you may feel
as though you have no
other choice...**

We provide a range of drug and alcohol services for young people throughout Northamptonshire. All our services are free and confidential. We offer:

- 1 to 1 advice and information
- 1 to 1 support for young people experiencing problems with drugs or alcohol or both.
- Group work if needed

We are passionate about the people we work with and ensure the young people we work with have the right support to reach their full potential.

TAKE THE QUIZ

YES = 1 POINT NO = 0 POINTS

IF YOU SCORE OVER 5 IT MAY SUGGEST YOU HAVE A PROBLEM THAT WE CAN HELP YOU WITH.

Do you have a favourite drug?

Are the effects of the drug more important to you than the thrill or adventure of using?

Do you use to suppress feeling sad bored lonely confused or anxious?

**SCORED 5 OR MORE??
PLEASE GET IN TOUCH**

Do you feel depressed, irritable, or anxious if you do not use?

Do you plan your day to make sure you can use?

Do you ever use alone?

Do you need to use more to get high now than before?

Are you thinking a lot about drugs and drug use?

Do you crave or miss your favorite drug?

All our services are **FREE** and **CONFIDENTIAL** – If you would like to talk to a drug & alcohol worker then please contact



Northamptonshire's Young Peoples Drug and Alcohol Service

01604 633848

ypnorthamptonshire@aquarius.org.uk

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