

How to get in touch with us

You can access our services directly by either phone or email on the contact details below or ask a friend, family member or keyworker to make a referral for you.

We can see you in your local area in places such as:

- Connexions
- Schools
- Colleges
- Youth clubs
- We can also see you at home.

We don't judge anyone. All our services are confidential. We only speak to people whom you allow us to speak to. The only time we would speak to other people without your consent is if you or somebody else are at risk of serious harm. Even in these situations we would try and tell you beforehand.

We offer times and places that suit you and are more than happy to ring or text you to make your appointment. We are open 9-5pm weekdays but also offer evening appointments.

We are made up of key professionals including:

- Service manager
- Specialist treatment workers.



A guide to our service

We work with young people under 19 living in Derby City who are having problems with their drug or alcohol use.

Our goal is to help you gain control over your drug or alcohol use rather than it controlling you.



What We Do

- Offer a confidential specialist service
- Provide treatment and support
- Group work
- One-to-one support
- Community detox programs
- Vaccinations
- Work on coping mechanisms
- Family work
- Drug and alcohol training sessions.

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Is your drug or alcohol use worrying you or causing you any problems?

If it is, try and follow this flow chart to see what kind of support you might need from us.



We can offer a brief session on how to reduce the risks from using drugs or alcohol. This may be from 1 to 2 sessions.



One to one support from Breakout.

We can help you to cut down slowly and stop using.



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