

Some of the reasons people contact Altered High

- Getting into trouble because of alcohol and drugs.
- Alcohol and drugs affecting school or work.
- Alcohol and drugs causing problems at home.
- Using alcohol and drugs to cope with stress or strong feelings.
- Craving or hanging out for drugs.
- Worried and want to talk about things.
- Just want some information.

Drinking and drugs out of control?



How do you access our services?

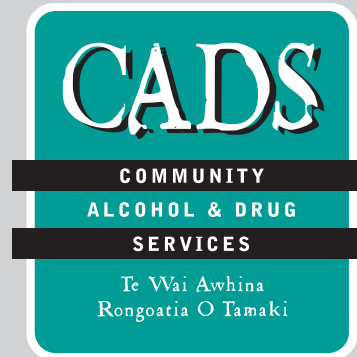
If the person you are concerned about is keen to talk to us, or you would like more information about our service simply call us today.

Call us direct on
09 845 1893 or email us at
alteredhigh@xtra.co.nz

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Information for Referrers



When you're ready!
call 845 1818
www.cads.org.nz
alteredhigh@xtra.co.nz



Altered High Youth Service

- We are a team of health professionals working to support young people aged 13 and up to 20 years who have concerns about their own, or someone else's alcohol and other drug use.
- We are a Regional service that covers Auckland, Counties/Manukau & Waitemata DHB's (the Greater Auckland Region from Te Hana -Tuakau).

What does Altered High do?

- We provide free one to one counselling for young people and we encourage family involvement.
- We are a mobile team that travels to see the young people in a place that is suitable for them. For example schools, community rooms or at home as appropriate.
- We work closely with/or in consultation with any other agencies that may be involved in the young person's life.

What will happen when you phone Altered High?

- A trained alcohol and other drug youth clinician will answer any questions you may have.
- They will explain more about the service including the referral process.
- If the young person agrees to the referral the clinician may need to ask for more information about the young person and their alcohol and other drug concerns.

Call Altered High anytime
between 8.30am and 5.00pm

09 845 1893

What will happen next?

If our service is appropriate for the young person they will be assigned a clinician, who will make contact to arrange an appointment.

What does Altered High Youth Service provide?

- Confidential face to face counselling.
- Youth friendly and developmentally appropriate interventions.
- A mobile service - we can come to you.
- Awareness and assessment of mental health and substance abuse issues in young people .
- Same-sex attraction focus clinicians.
- Education and information evenings for families/caregivers and significant others.
- Up to date alcohol and other drug resources for young people.