

When you're ready to talk about your alcohol or drug problems, or you're concerned about someone else, then please call Altered High Youth Service on (09) 845 1893

[www.alteredhigh.com](http://www.alteredhigh.com)



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## How do I contact Altered High?

Please call us on (09) 845 1893

Text us on 027 462 4580

Email us at: [alteredhigh@waitematadhb.govt.nz](mailto:alteredhigh@waitematadhb.govt.nz)

We have someone available to take your confidential call between 8.30am and 4.30pm Monday to Friday.

When you call us, we can tell you more about what we offer so you can decide for yourself if Altered high might be able to help you out.

## For more information:

Altered High & CADS

[www.cads.org.nz](http://www.cads.org.nz)  
[www.alteredhigh.com](http://www.alteredhigh.com)

Alcohol and other drug issues

[www.alcohol.org.nz](http://www.alcohol.org.nz)  
[www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

Gambling legal matters

[www.youthlaw.co.nz](http://www.youthlaw.co.nz)

Mental health

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

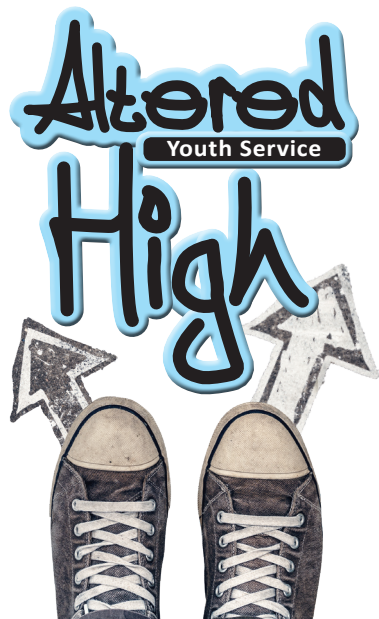
Sexual health and family planning

[www.familyplanning.org.nz](http://www.familyplanning.org.nz)  
[www.ry.org.nz](http://www.ry.org.nz)

Youthline

[www.youthline.co.nz](http://www.youthline.co.nz)

*CADS accepts no responsibility for information provided on these websites*



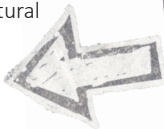
**Youth Alcohol and Drug Services**

## What is Altered High?

We are a team of health professionals that supports young people aged 13 to 20 who have concerns about their own or someone else's alcohol and other drug use.

## What does Altered High do?

- We provide free and confidential one-to-one counselling.
- We provide group programmes.
- We are happy to work with families/whānau or any other people that may be involved in your life.
- Māori, Pacific and other cultural services are available.



## Reasons for contacting Altered High include:

- 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.



## Young people also contact Altered High because they are:

- worried and want to talk about things
- want some information
- just want some advice
- concerned about someone else
- craving or hanging out for alcohol and drugs.

## We come to you.

- We travel to the place that best suits you. E.g. your school, a community room or even at home.
- We cover the whole of the Auckland region, including rural areas.

## Altered High is:

- free
- confidential
- mobile
- culturally aware
- gay, lesbian, bisexual and transgender friendly.

