

in2change

AM DDIM, MEWN CYFRINACHEDD

Tîm Cyffuriau ac Alcohol

i Bobl Ifanc 11-25 oed



01978 295629 | in2change@wrexham.gov.uk
in2change (The Info Shop), Stryt y Lampint, LL11 1AR



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



NHS
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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Sut gallwn ni helpu?

Gall cymorth gyda chyffuriau ac alcohol gynnwys:

1. Addysg
2. Lleihau Niwed
3. Gwaith Cymhelliant
4. Sut i Ddal Ati
5. Rhaglenni Lleihau

Gwybodaeth a chynghor am gyffuriau ac alcohol

Cymorth mewn perthynas ag:
addysg, tai,
perthnasoedd,
ymddygiad, gwaith
neu waith gwirfoddol a
materion eraill

Gweithgareddau gwrthdymiadol i dynnu eich meddwl oddi ar anawsterau presennol posib yn cynnwys:

- Beicio Mynydd
- Sinema
- Nofio
- Ymuno â Champfa
- Cerdded Ceunentydd
- Marchogaeth

Cymorth un-i-un lle fedrwch chi osod nodau yr hoffech chi eu cyrraedd efo ni

Beth allwch chi ei ddisgwyl gennym ni

Eich dewis chi ydi gweithio gyda ni!

Chi sy'n dewis lle 'da ni'n cyfarfod

Gallwch ddod ar eich pen eich hun neu ddod a rhywun rydych chi'n ymddiried ynddo efo chi

Byddwn yn eich trin gyda pharch bob amser ac ni fyddwn yn eich beirniadu mewn unrhyw ffordd

Cymorth i gael mynediad at wasanaethau cymorth eraill

Mae rhai pobl ifanc yn hoffi bod rhiant neu ofalwr yn gwybod eu bod yn gweithio gydag In2change, ond mae eraill yn dewis peidio â rhannu'r wybodaeth yma

Sylwadau gan bobl ifanc sydd wedi gweithio efo ni

Roedd In2change
yn bositif iawn gan
fy helpu i ddeall
sylweddau a'u
canlyniadau

Helpodd In2change
gyda llawer o bethau –
pob problem yr oedd gen i.
Mi ges i gymorth gyda
chamdddefnyddio sylweddau ac
i gysylltu gyda gwasanaethau
i'm helpu i ganfod
rhywle i fyw

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FREE AND CONFIDENTIAL

Drug and Alcohol Team

for Young People aged 11 - 25



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How can we help you?

Drug and alcohol support could include:

1. Education
2. Harm Reduction
3. Motivational Work
4. Relapse Prevention
5. Planned Reduction

Information and advice on drugs and alcohol

Support around:
Education, housing, relationships, behaviour, employment or voluntary work and other areas of life

Diversionsary activities to take your mind off current difficulties may include:

- Mountain Biking
- Cinema
- Swimming
- Joining a Gym
- Gorge Walking
- Horse Riding

one to one support where you can identify goals that you would like to achieve with us

What you can expect from us

It's your choice
to work with us!

You choose
where we meet

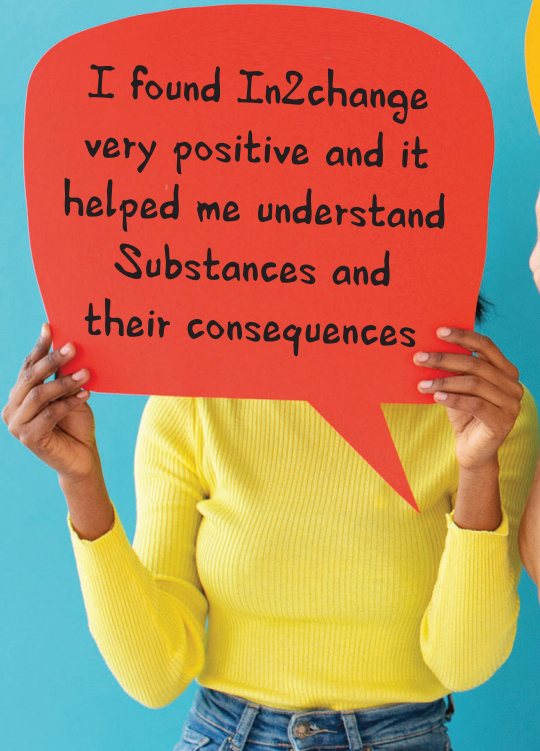
You can come alone
or feel free to bring
someone you trust.

You will always be
treated with respect and
not judged in any way

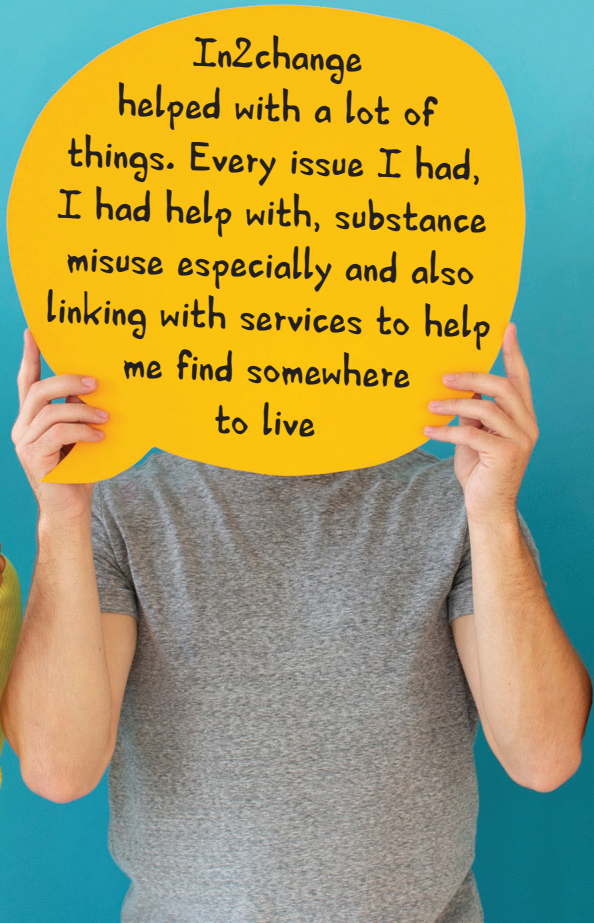
Support you to
access other services

Some young people
like their parent or
carer to know that
they're working
with In2change, but
others choose not to
share this with them.

Comments from young people that have worked with us



I found In2change
very positive and it
helped me understand
Substances and
their consequences



In2change
helped with a lot of
things. Every issue I had,
I had help with, substance
misuse especially and also
linking with services to help
me find somewhere
to live

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