

## Does any of this sound familiar to you...?

"I used to just smoke weed but now I'm trying other things."

"I can't sleep without cannabis."

"I'm worried about my friend when they drink."

"I don't want to do anything anymore, I need someone to talk to."

"I don't get much sleep because I am gaming at night which makes getting up in the mornings difficult."

"I think I want to change my drug use but don't want my friends to know."

"I can't have a good time anymore without drinking or taking drugs."

"I spend most of my time gaming."

"Once I start drinking, I find it hard to stop."

"I'm gambling more and more."

**If any of the above statements sound familiar, you may be developing a problem. The Young People's Service is the place to start. Arrange a free, confidential appointment to talk about your situation with an experienced counsellor.**

## This is what clients have said about our support...

**'I matter. I am treated like a real person, I feel much better talking about it.'** – Teenage male being supported

**'I didn't know how to stop, how to control my behaviour when I had taken drugs. I have changed, I am in control and back at school'** – Teenage female being supported

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[contact@motiv8.im](mailto:contact@motiv8.im)

[www.motiv8.im](http://www.motiv8.im)

Monday to Friday 9am until 5pm.

Evening appointments and group sessions available.

For our list of trustees please visit:

[www.motiv8.im/about](http://www.motiv8.im/about)



# Young People

**Motiv8**  **YOUNG PEOPLE**

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Manx Registered Charity Number 275

## Are you at risk of exploitation?

Ask yourself the following questions...

Has someone asked you to sell drugs to pay off a debt?

Have these people been your friends, but are now asking you to do things you don't want to?

Are you worried you are going to get into serious trouble but fear these gangs more than the police?

We can help you. Our dedicated support worker will assist you in breaking away from these influences and help with finding yourself again with a listening ear, counselling and support to get your life back.



## Keeping yourself safe...

**Drugs and Alcohol** – Change the way we think, feel and act, increasing your chances of getting into difficult situations that impact your body, mind and safety. Don't wait for drugs or alcohol to cause problems in your life.

**Gaming** – Being able to communicate with friends includes playing games online. It is important to ensure you are giving yourself breaks and only playing with those you trust.

**Gambling** – It is very easy to spend money gambling legally or illegally, but it can become a dependency that takes over your life in a negative way.

**Overdose Advice** – Never leave someone on their own! If they are sleepy or you can't wake them, put them on their side (in recovery position) and call an ambulance (999).

## What is the Young People's Service?

Confidential support for young people facing alcohol, drug, gambling and gaming challenges or support if someone important to you has a dependency that is impacting you. It is a safe space to talk in confidence.

## Who is the Service for?

The Young People's Service is for anyone under the age of 18.

## Is it Confidential?

The Young People's Service is free, confidential and non-judgemental, with appropriate liaison with key services involved with any families. All service users sign a confidentiality policy, which is explained during the initial contact and assessment.

## Where do we offer support?

Face-to-face appointments are offered at our Douglas offices, at our satellite clinics around the island, at home and other locations that are mutually agreeable with the young person. Text, call, whatsapp and email support is also available.