Are you worried about DRUGS?

Are you on drugs?
...or is someone in your family?
...or are your friends taking them?

Do you need advice or help?

Do you want to know what the risks are?

NATIONAL DRUGS helpline
0800 77 66 00
FREE • CONFIDENTIAL • 24 HOURS A DAY
If the answer to any of these questions is YES, call the National Drugs Helpline. You can talk to us in confidence – we won’t tell anyone else about your call and it won’t appear on your phone bill.

We can give you information, advice and support.

**Information** – We can tell you about drugs and solvents. We can also send you leaflets. We can tell you what help you can get – and where you can get it.

**Advice** – We can tell you things you should know about the risks of taking drugs like cannabis, ecstasy, amphetamines or heroin.

**Help** – We can give you support if you have a drug problem, or if you’re worried about someone you care about who takes drugs.

The National Drugs Helpline is open in English and other languages.

---

National Drugs Helpline
A free, 24-hour, confidential service
0800 77 66 00