



# Young People's Drug & Alcohol Service

HELPING OVERCOMING THE HARMS CAUSED BY ALCOHOL, DRUGS & GAMBLING

Formerly CAN and Plan B. Aquarius offers a **voluntary, free, non-judgmental** and **confidential** support service to young people living in Bedford Borough and Central Bedfordshire.

Our support can be accessed by any young person aged 5 - 19\* years old who are thinking of using drugs/alcohol, already using drugs/alcohol or affected by a parent or carers drug/alcohol use.

Anyone can refer to our service and all young people who access our service are allocated to a keyworker, assessed and supported in creating and reviewing a person-centered careplan.

What we offer:

- Outreach work
- One-off appointments
- Ongoing One-to-one work
- One-off or ongoing targeted group work
- Advice and Information for Young People
- Harm reduction work
- Psychosocial work
- Multi agency approach
- Family sessions
- Holistic support
- Onward referral
- Transitional support
- Advice and Support for Professionals
- Volunteering and Peer Mentor opportunities

**Referrals can be made via post, phone or email using the details on the right**



Aquarius

Young Peoples  
Drug & Alcohol  
Service

Based in:

Queens Park  
Health Centre,  
23C Carlisle Road,  
Bedford,  
MK40 4HR

Office Number:

0330 008 3925

Office E-mail:

YPBedfordshire@  
aquarius.org.uk

**TOGETHER**

WE'VE GOT MORE THAN 200 YEARS'  
EXPERIENCE OF PROVIDING MENTAL HEALTH  
AND SUBSTANCE MISUSE SERVICES

Aquarius is the operating name of Aquarius Action Projects, part of the Richmond Fellowship Group, which is a company limited by guarantee, registered in England

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