

# START

## FOR YOUNG PEOPLE

LISTEN

DON'T JUDGE

help

**START to  
Take Control**

START is your local drug and alcohol advice service  
Slough Treatment, Advice and Recovery Team

**TURNING  
POINT**  
Inspired by possibility



The START Youth Team is a specialist service for any young person who is affected by drug or alcohol use – for you or someone you know

## WHAT WE OFFER

- A non-judgemental service
- 1:1 sessions
- Outreach service - meet you where it suits you
- Education about drugs and alcohol
- Space to talk things through
- Up to date factual information and advice
- Support to look at your drug/alcohol use, what are you using, how much and how often
- Help with deciding what changes you want to make
- Support to cut down, quit and gain control
- Access to other services which can support you
- A support plan that looks at all of you not just your drug or alcohol use

## WE ARE HERE TO SUPPORT YOU - WHATEVER THE ISSUE.

Our confidential\* service covers all of Slough and is flexible so we can meet you wherever works best for you – we have a confidential room in the Town Centre or we can meet you at school, home or somewhere else you feel comfortable.

## TURNING POINT'S SERVICE IS FREE.

T: 07779 586180 or 01753 692548

E: [START@turning-point.co.uk](mailto:START@turning-point.co.uk)

[wellbeing.turning-point.co.uk/slough](http://wellbeing.turning-point.co.uk/slough)

Main website: [www.turning-point.co.uk](http://www.turning-point.co.uk)

\*All information shared is confidential unless there is a risk to you or anyone else.