

Get in touch

We Are With You at Sefton Stars

Landmark House
43-45 Merton Road
Bootle
L20 7AP

Call

0151 318 2804

Text

Email

seftonstars.referrals@wearewithyou.org.uk

We are With You at Sefton Stars

We provide free and confidential support to young people experiencing issues with drugs, alcohol or mental health. We work with young people on their own goals, whether that's staying safe and healthy, making a small change or stopping an unwanted habit.

Want to chat? We are With You.

wearewithyou.org.uk

We will work with you to make a change

A free and confidential service for young people aged 10 – 18 affected by drugs and alcohol.

**we are
withyou**
at Sefton STARS



Talk to one of our trained staff.

We're here to listen – you can tell us as little or as much as you want.

We'll work with you on your own goals, whether that's getting a bit of advice, cutting down your drug or alcohol use or stopping completely.

Who's this service for?

This service is for you if you're:

- Aged 10 – 18 years old
- Living in the Sefton area
- Worried about your drug or alcohol use

Help for friends and family

You're welcome to speak to us if you're worried about someone else's drinking or drug use.

What happens when you are referred to us for the first time

When we first meet, we'll talk about your drug or alcohol use so staff can get an idea of what help you need.

We may also talk about other aspects of your life, for example, any work you may be doing and how you're feeling in general.

Staff will also talk to you about what help you need now, and what plans you want to make for the future.

These plans are based on what you want to do at a pace that suits you. You won't be made to do anything that you're not ready to tackle.

This conversation usually lasts about an hour.

Talk to us online

Whether you need information for yourself or advice to support a friend or relative our webchat service is here for everyone.

Start a webchat by clicking on the chat button on the bottom right hand side of our website. You can access webchat on your laptop or mobile.

We've used our webchat service to speak to over 11,000 people in need

need
to talk?
we are
with you

