

Do you, or anyone you know, want to be free from drugs or alcohol misuse?



We can help you

North Yorkshire Horizons is here to help you recover from drug and alcohol addiction.

We offer a confidential, non-judgemental service to people, including families, affected by drugs and/or alcohol.

Our aim is to support you to stay safe and live happier, healthier lives, free from drugs and alcohol.



How we can help

We can support you with treatment and recovery in a number of ways:

- You can join one of our local recovery groups
- When you leave treatment, we can give you ongoing support in the community
- We can support you to get specialist services and mutual aid
- Working with community groups, we can help you find opportunities for employment, education and voluntary work

Where we are

We have 5 main Hubs in Harrogate, Northallerton, Selby, Skipton, and Scarborough. We also provide support in rural areas where we use a wide range of local community venues to offer recovery groups.

Early Intervention and Prevention

We support for people going through the criminal justice system, injecting drug users and those that use drugs other than heroin. We can provide:

- Guidance for people using New Psychoactive Substances ('legal highs'), 'club drugs', cannabis and steroids
- Sterile injecting equipment through local pharmacies, the hubs and mobile to your home
- Assessment and support for people in police custody
- Resettlement support for people released from prison

Recovery and Mentoring

We can support you with your treatment and recovery in a number of ways:

- You can join one of our local recovery groups
- When you leave treatment, we can give you ongoing support in the community. We can support you to get specialist services and mutual aid
- Working with community groups, we can help you find opportunities for employment, education and voluntary work

For more information, advice, support and to 'self-refer' to the service;

Freephone: **08000 141480** (9am - 5.30pm, Monday to Friday)

Email: **info@nyhorizons.org.uk**

Web: **www.nyhorizons.org.uk**

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North Yorkshire Horizons services is provided, on behalf of North Yorkshire County Council, by Humankind, Spectrum and Changing Lives.