

- ★ **In2change** can give you information and advice on issues such as alcohol or substance use.
- ★ We can give you support around how alcohol or drugs are affecting your life.
- ★ **In2change** offer one to one support where you can identify goals you'd like to achieve with us.
- ★ You can take part in individual or group activities which may help take your mind off current difficulties, and give you time out from substance use.

Activities may include:

- ★ Mountain Biking
 - ★ Gorge Walking
 - ★ Gardening
 - ★ Horse Riding
 - ★ Joining a Gym
- ★ Support to get involved in a new interest or hobby.
 - ★ Support around education, housing, relationships, behaviour, employment or voluntary work, and other areas of your life.
 - ★ Information on other Services in your area which may also be able to support you.
 - ★ We offer support around substance misuse to young people involved with the Youth Justice Service.

★ **In2change** work with young people on a voluntary basis. This means it's your choice if you would like to talk about how we can support you.

★ You decide on the goals you would like to work on with in2change.

★ We can meet you at home, at school, or in the community - wherever you feel more comfortable.

★ You can come alone or feel free to bring someone along that you trust.

★ Some young people like their parent or carer to know that they're working with in2change, but others choose not to share this with them.

★ You will always be treated with respect and not judged in any way.

★ A flexible and informal approach tailored to suit your needs.

Comments from Young People who have worked with in2change:

Instead of keeping things bottled up, I can speak to someone now.

I know more about drugs and how harmful they are.

in2change

Young People's Drug and Alcohol Service

A FREE and CONFIDENTIAL service for Young People aged 11-18 years old.

T: 01978 295 629
E: in2change@wrexham.gov.uk
A: in2change at The Info Shop, Lambpit Street, Wrexham, LL11 1AR.



Sut fedrwn ni dy helpu di?

Beth fedrwn chi ei ddisgwyl gennym ni...



Eich dewis cyntaf

CAIS

Your first choice

★ Gall **In2change** roi cyngor a gwybodaeth ar faterion fel defnyddio cyffuriau ac alcohol.

★ Medrwn roi cefnogaeth ynghylch sut mae cyffuriau ac alcohol yn effeithio ar dy fywyd.

★ Mae **In2change** yn cynnig cymorth un i un lle medri di nodi'r targedau rwyf ti am eu cyflawni.

★ Fe gei di gymryd rhan mewn gweithgareddau unigol neu weithgareddau grwp a allai dynnu dy feddwl oddi ar anawsterau presennol, a roi seibiant o ddefnyddio sylweddau.

Gall hyn gynnwys:

- ★ Beicio Mynydd
- ★ Cerdded Ceunentydd
- ★ Garddio
- ★ Marchogaeth Ceffylau
- ★ Ymaelodi ag Ystafell Ffitrwydd

★ Cefnogaeth i gymryd rhan mewn hobi neu ddi-ddordeb newydd.

★ Cymorth ag addysg, tai, perthnasoedd, ymddygiad, cyflogaeth neu waith gwirfoddol, ac agweddau eraill o dy fywyd.

★ Gwybodaeth am wasanaethau eraill yn yr ardal a allai gynnig cymorth a chefnogaeth i ti.

★ Cynigiwn gymorth ynghylch camddefnyddio sylweddau i bobl ifanc sy'n ymwneud â'r Gwasanaeth Cyfiawnder Ieuenctid.

★ Mae **In2change** yn gweithio â phobl ifanc ar sail wirfoddol. Mae hyn yn golygu mai dy ddewis di ydi trafod sut y medrwn ni roi cymorth i ti.

★ Ti sy'n penderfynu ar y targedau rwyf ti'n dymuno gweithio arnyn nhw efo **in2change**.

★ Gallwn gyfarfod yn dy gartref, ysgol neu yn y gymuned - lle bynnag rwyf ti'n teimlo'n fwyaf cyfforddus.

★ Fe gei di ddod ar dy ben dy hun neu ddod â rhywun rwyf ti'n ymddiried ynddo efo ti.

★ Mae rhai pobl ifanc yn hoffi i'w rhieni neu ofalwyr wybod eu bod nhw'n gweithio efo **in2change**, ond mae eraill yn dewis peidio â rhannu hyn.

★ Byddi'n cael dy drin â pharch bob amser ac ni fyddi'n cael dy farnu mewn unrhyw ffordd.

★ Dull anffurfiol a hyblyg, wedi ei deilwra i weddu i dy anghenion di.

Sylwadau gan bobl ifanc sydd wedi gweithio ag **in2change**:

In hytrach na chadw popeth i mi fy hun, rydw i'n medru siarad efo rhywun yn awr.

Rydw i'n gwybod mwy am gyffuriau a pha mor niweidiol ydyn nhw.

in2change

Tîm Cyffuriau ac Alcohol Pobl Ifanc

Gwasanaeth AM DDIM, MEWN CYFRINACHEDD, i Bobl Ifanc 11-18 Oed.

Ff: 01978 295 629

E: in2change@wrexham.gov.uk

C: **in2change** yn y Info Shop,
Stryt y Lampint, Wrecsam, LL11 1AR.

