

If you need to speak to anyone
outside our opening times,
we recommend:

A-DASH

FRANK

0800 77 66 00

Text phone (for hard of hearing): 0800 917 8765

A-DASH

ADOLESCENT DRUG & ALCOHOL
SERVICE IN HERTFORDSHIRE

ADOLESCENT DRUG & ALCOHOL
SERVICE IN HERTFORDSHIRE

TEL 01992 531917

TXT 07770 537227

EMAIL: A-DASH@nhs.net

A-DASH

Downs Farm Centre,
2a McDonald Court,
High View,
Hatfield,
AL10 8HR

The Adolescent Drug and Alcohol Service (A-DASH) is part of
Hertfordshire Partnership University NHS Foundation Trust

This is a 24 hour
confidential helpline
giving information to young
people, parents and carers
about drugs, alcohol and
other substances.

You can talk to FRANK in over
120 languages - just call the
number above and a
translator will be there
if needed.

Or log onto the website:
www.talktofrank.com



Hertfordshire Partnership
University NHS Foundation Trust



March 2013



CONFIDENTIAL SERVICE OFFERING
SPECIALIST HELP FOR YOUNG PEOPLE

WHO ARE A-DASH

We are the Adolescent Drug and Alcohol Service in Hertfordshire.

We work with anyone under 18 years old in Hertfordshire who has issues/problems with their own drug/alcohol use.

We are a countywide service, so no matter where you are in Hertfordshire we can see you.

WHAT DO WE DO?

We can offer, **free and confidential** one to one advice, support and specialist help if needed.

If you want to quit or reduce using drugs we can help.

If you want accurate information we can help.

WHERE CAN WE SEE YOU AND WHEN?

We are open weekdays from 9am - 4.30pm. We sometimes see people in the evening.

We can meet you anywhere as long as it's safe.

This can be on your own or with someone else e.g. parents, friend or another professional.

You can contact us directly using the telephone numbers in this leaflet or you can text and email us.

If you are not sure, give us a call for a chat.

Comments from young people using A-DASH

“ Thanks to A-DASH, I have finally stopped smoking cannabis after 6 years and for the first time in my life I opened up and told someone all my problems and worries. It really was a big help. I have my confidence back and I am in full time work and have structure back in my life. ”

“ A-DASH has turned my life around, now I know I don't need drugs and alcohol to have a good time. It means a lot to know that I can speak to them about my problems and not to keep it all locked up inside of me. ”