

About Us

One80 is Bridge's support service for young people (aged 21 and under) who live in Bradford District and are concerned about their use of substances including:

- Alcohol
- Cannabis
- Stimulants (Amphetamine/Cocaine)
- Club Drugs & Novel Psychoactive Substances (NPS)
- Opiates
- Crack
- Nitrous Oxide/Laughing Gas

We also support family members, friends, schools, social workers, and other professionals who are concerned about a young person's use of drugs and alcohol. To speak to someone about support for yourself please call 01274 745 636.

If you are a professional making a referral on behalf of a young person, you can do so via our online referral form:

<https://thebridgeproject.org.uk/professionals-referral-form/>



Believe you can and you're half way there



Contact Us

PHONE

01274 745 636

Direct line to our team - fully confidential

EMAIL

info@thebridgeproject.org.uk

WEBSITE

www.thebridgeproject.org.uk

FIND US



bridge
a way forward

one80



People Can & Do

RECOVER

Young Person's Drug & Alcohol Service

bridge
a way forward



What can I Expect?

- FREE, confidential, non-judgemental service.
- Tailored one-to-one support.
- Appointments that suit you.
- Personal goals set at your pace.
- Help to understand & change your drug and/or alcohol use.
- Friendly & considerate staff.
- Referrals to other relevant services.

Make changes

We believe the more a person understands about the effects and risks of drug and alcohol use the better chance they have of keeping themselves safe and making the changes they want to make. There are things that people can do to help themselves and we know that this can be challenging. Things to look at could be:

- Understanding the substances you use or have used and how they effect your body and mind.
- What do you get from your drug/alcohol use and how does this impact your life?
- Are there people, places or times that might trigger your use?
- Talking to people you trust, friends, family, schoolteachers, youth workers or specialist workers like the ones you will find at One80.
- Seeking out changes and planning the future that you want. We all have dreams and aspirations that we can work towards.



Further Support

Mental Health

- **Kooth.com** - online support for Young People
- **Qwell.io** - Online support for people 19+
- **mindinbradford.org.uk** - Information advice and support for young people and adults
- **Youngminds.org.uk** - Information advice and support for young people.

Drug/Alcohol use

- **TalkToFank.com** - information about drugs and their effects. You can also Talk To Frank by calling 0300 123 6600.

Emergency Help

- **First Response 0800 952 1181** - for anyone experience an acute mental health issue.
- **www.mindinbradford.org.uk/support-for-you/safe-spaces/**