

When you're ready to talk about your alcohol or drug problems, or you're concerned about someone else then please call CADS on 845 1818.



When you're ready!
call 845 1818
www.cads.org.nz



How do I contact Altered High?

- Please call us on 09 845 1893, text us on 027 462 4580 or email us at: alteredhigh@xtra.co.nz
- We have someone available to take your confidential call between 8.30am and 5.00pm Monday to Friday.

When you call us, we can tell you more about what we offer and you can decide for yourself if Altered High might be able to help you out.

Printed: 01/08 by Community Alcohol & Drug Services, Auckland.

For more information:

Altered High & CADS
www.cads.org.nz

Alcohol and other drug issues
www.alcohol.org.nz
www.druginfo.org.nz
www.fade.org.nz
www.trippin.org.nz

Gambling
www.inyaface.co.nz

Legal matters
www.youthlaw.co.nz

Mental Health
www.headspace.org.nz

Sexual Health
www.theword.org.nz
www.rainbowyouth.org.nz

Youthline
www.urge.co.nz

CADS accepts no responsibility for the information on these websites.



Drinking and Drugs Out of Control?

Phone Altered High
on 09 845 1893
Txt 027 462 4580

alteredhigh@xtra.co.nz

What is Altered High?

We are a team of health professionals that helps young people aged 13 to 20 who have concerns about their own or someone else's alcohol and other drug use.

What does Altered High do?

- We provide free and confidential one to one counselling.
- We are happy to work with families or with any other people that may be involved in your life.
- Maori, Pacific and other cultural services are available.

Some of the reasons young people contact Altered High:

- Getting into trouble because of alcohol and drugs
- Alcohol and drugs affecting school or work
- Alcohol and drugs causing problems at home
- Using alcohol and drugs to cope with stress or strong feelings

Some other reasons young people contact Altered High:

- Worried and want to talk about things
- Just want some information
- Just want some advice
- Concerned about someone else
- Craving or hanging out for alcohol and drugs

We come to you.

- We travel to see you in the place that best suits you. For example at your school, in a community room or even at home.
- We cover the whole of the Auckland region including rural areas.

Altered High is:

- Free
- Confidential
- Mobile
- Gay, lesbian, bisexual and transgender friendly
- Culturally aware