

Back on track

in Brighton & Hove

Are you worried about your parent's drinking?

Would you like your parents to drink less?

You are not alone
Back on Track can help you get support, whether that's a one to one chat, a phone call, therapy or just activities to have fun!

It can be a huge step to speak to someone, but it's important you do it when you feel ready. Some children feel unable to talk about it and keep it a secret, others worry that it's their fault, but it's really important you know it isn't. You might be scared what will happen to you or your parent, but we are here for you.

Contact Youstina on 01273 293966 or email youstina.brais@brighton-hove.gov.uk

Find out more at www.brighton-hove.gov.uk/backontrack



Recovery Service
Brighton and Hove

