

Route 98 is an independent drug and alcohol service providing information, advice and support to vulnerable young people aged 11-19 in Cardiff.

WE AIM TO:

Improve young people's ability to make informed choices about risky practices.

Increase Young People's aspirations

Reduce young people's substance misuse



CHOICES
CHANCES
CHANGES

WE OFFER:

A fast referral process

One to one assessment and ongoing support

Fast and flexible outreach service

Crisis intervention

Harm reduction information and advice regarding all substances

Referral to clinical services and counselling

Advice on blood-borne viruses and overdose

Harm reduction group work

Complementary therapies

Relaxation groups

Anxiety management

Alternative activities

Support for young people in transition to adult services.



Funded by BBC Children in Need, our work with the most vulnerable young people in the city includes regular outreach to hostels and supported houses ensuring we keep in contact with the hardest to reach young people.



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