

**DO YOU NEED DRUG/ALCOHOL  
INFO?**

**ARE YOU CONCERNED ABOUT  
SOME-ONE YOU KNOW  
REGARDING DRUG/ALCOHOL  
ISSUES?**

**DO YOU NEED TO TALK?**

**DO YOU WANT HELP IN YOUR  
AREA BUT DON'T KNOW WHERE  
TO START?**

**DO YOU WANT  
HONEST, CONFIDENTIAL  
ADVICE AND INFORMATION?**

**DO YOU WANT A SERVICE THAT IS  
AVAILABLE 24 HOURS A DAY, 365  
DAYS A YEAR?**

**SIGNPOST  
0800 0838 449**



**The Rising Sun Trust  
17 Fisher Street  
Workington  
Cumbria  
CA14 2EP**

**01900 870034**

**[response@risingsuntrust.org](mailto:response@risingsuntrust.org)**

A black and white illustration of a person wearing a hoodie, with their arms crossed. The person is rendered in a sketchy, white line-art style against a black background. The person appears to be standing on a small base.

**DRUGS/ALCOHOL**

**WORRIED?  
NEED INFO?**

**SIGNPOST  
0800 0838 449**

**Getting the right  
Information is essential.....**

**When it comes to issues concerning drugs/alcohol. There are so many myths surrounding these subjects that to just 'take a friend's word for it' can be extremely dangerous.**

**Signpost is an easy way to get the right information. It's free, confidential and non-judgmental.**

**You can get advice, information or be put in touch with an agency from your area That can give you the best Support and guidance for your issues.**

**CUMBRIA DRUG/ALCOHOL  
SERVICES FOR YOUNG PEOPLE**

**Straightline  
01900 842171**

**CADAS  
01228 544140**

**Self Injury Support  
01228 515500**

**Barnados  
01900 816164**

**Connexions  
01900 604674**

**The Rising Sun Trust  
Is a West Cumbria based  
drug/alcohol charity.  
We can provide information,  
guidance and support for  
anyone being affected by  
drug/alcohol issues.**

**The staff and volunteers of  
the Trust are unique in the  
sense that they have all had  
some form of experience with  
drug/alcohol issues.  
They are also involved with all  
aspects of the Trust from the  
helpline to the New Horizons  
Group (over 18's only)  
creating a relaxed,  
non-judgmental environment.  
One to one counselling can be  
arranged if you and/or your  
parents need this service.**