



Altered High

Youth Service



Youth Alcohol and Drug Services

What is Altered High?

We are a team of health professionals that supports 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 provide group programmes.
- We are happy to work with families/whānau or any other people that may be involved in your life.
- Māori, Pacific and other cultural services are available.

Reasons for contacting Altered High include:

- 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.

Young people also contact Altered High because they are:

- worried and want to talk about things
- 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 the place that best suits you (e.g. your school, a community room or even at home).
- We cover the whole of the Auckland region, including rural areas.

Altered High is:

- free
- confidential
- mobile
- culturally aware
- gay, lesbian, bisexual, transgender and rainbow friendly.

How do I contact Altered High?

Call or text us on 027 462 4580 or call (09) 845 1893

Email us at: alteredhigh@waitematadhb.govt.nz

We have someone available to take your confidential call between 8.30am and 4.30pm Monday to Friday.

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

Useful websites:

www.alteredhigh.com

www.cads.org.nz

www.alcoholdrughelp.org.nz

www.thelevel.org.nz

www.thelowdown.co.nz

www.youthline.co.nz

www.mentalhealth.org.nz

www.youthlaw.co.nz

www.familyplanning.org.nz

www.ry.org.nz

www.areyouok.org.nz

www.2shine.org.nz

www.1737.org.nz

CADS accepts no responsibility for information provided on these websites

When you're ready to talk about your alcohol or drug problems, or you're concerned about someone else, please call or text Altered High Youth Service on 027 462 4580 or call (09) 845 1893

www.alteredhigh.com

Te Whatu Ora
Health New Zealand