



Contact Subwize on

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Based at The Vibe, 195-199
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Subwize team offers two hidden harm services: family hidden harm and contextual safeguarding hidden harm. Family includes young people and children who are affected by someone else's drug and alcohol use / domestic abuse. Contextual includes CSE; crime exploitation & peer to peer substance misuse. The service works with the whole family and partners depending on their individual needs. Young people can be aware of others' substance use; feel like they must keep secrets, blame themselves or could be unaware of substance misuse or any exploitation occurring. Support is offered on a one to one basis and is age appropriate. Interventions include a 12 week resilience program; drugs, alcohol & exploitation advice and information; addiction and how that can have an impact on people's behaviour; play therapy approaches; CBT approaches; Motivational Interviewing; Goals; Managing Anger; Wishes & Feelings; ITEP strengthening maps; Safety Plans; Story Books explaining alcoholism/addiction in the family; Person Centred Art Therapy; Activities to build self-esteem, confidence, explore feelings and emotions, breathing techniques to help with anxiety, worry or stress.



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