

# GOT K-CRAMPS? WE'RE HERE TO HELP

For support contact Likewise Sheffield  
(Over 18s)

0114 308 7000  
likewiseshffield.org.uk

For the Corner (under 18s)

0114 2752051  
[https://www.changegrowlive.org/  
service/sheffield-the-corner/referrals](https://www.changegrowlive.org/service/sheffield-the-corner/referrals)



SCAN FOR HARM  
REDUCTION GUIDE



**Like  
wise**  
Sheffield



1625  
Outreach  
Sheffield



The  
Corner  
Sheffield Young People's  
Substance Misuse Service

