

WE'RE HERE TO HELP

GET IN TOUCH

YOU CAN CALL US

BETWEEN 9-5PM MONDAY - FRIDAY

T: 0161 839 2054

E: ECLYPSEMANCHESTER@CGL.ORG.UK

ECLYPSE

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NORTHERN QUARTER

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www.changegrowlive.org/young-people



facebook.com/Eclipse Young Peoples Service




@eclipse_yp_manchester



**Change
Grow
Live**

Change Grow Live Registered Office: 3rd Floor,
Tower Point, 44 North Road, Brighton BN1 1YR.
Registered Charity Number 1079327 (England
and Wales) and SCO39861 (Scotland) Company
Registration Number 3861209 (England and Wales).



IF THERE'S
SOMETHING YOU'RE
WORRIED ABOUT
OR YOU JUST
WANT TO TALK,
WE'RE HERE
TO HELP.



Change
Grow
Live

Eclipse

Manchester



“

**NOW I'M HAPPY WITH WHO I AM,
I BELIEVE IN MYSELF. I'VE
STARTED TO ACT LIKE THE
PERSON I AM.**

”

ARE YOU...

- **WORRIED ABOUT SOMETHING IN YOUR LIFE?**
- **WANT TO TALK TO SOMEONE IN PRIVATE?**
- **UNDER 25 YEARS OF AGE?**

WE'RE HERE TO HELP

WHO WE ARE

We're a free and confidential service for young people aged up to 25. We're here to give you help and advice with challenges you're facing in your everyday life. We won't judge and we won't tell you what to do. We'll listen and to support you to make the positive changes that you want.

Our team can help you with lots of different things that might be affecting you, whether it's problems with drugs and alcohol, or other issues like your mental and sexual health.

WHAT WE OFFER

- **One-to-one sessions via telephone, Skype, Whatsap, Zoom.**
- **Advice and support around drugs and alcohol.**
- **Counselling and help with your mental health.**
- **Family Support**
- **Free Training courses for schools, colleges and professionals.**
- **Support if you're affected by someone else's drug or alcohol use**