## **WE'RE HERE TO HELP**

GET IN TOUCH
YOU CAN CALL US
BETWEEN 9-5PM MONDAY - FRIDAY

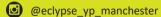
T: 0161 839 2054

E: ECLYPSEMANCHESTER@CGL.ORG.UK

ECLYPSE 39 - 41 THOMAS STREET NORTHERN QUARTER MANCHESTER M4 1NA

## www.changegrowlive.org/young-people

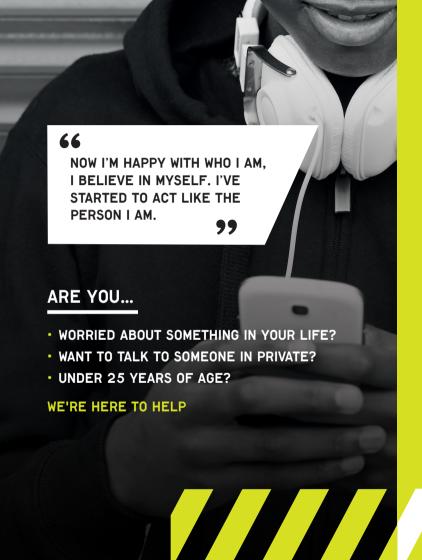






Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BNI YR. Registered Charity Number 1079327 (England and Wales) and SCO39861 (Scotland) Company Registration Number 3861209 (England and Wales).





## **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