

WE'RE HERE TO HELP

GET IN TOUCH

WE PROVIDE A SERVICE MON-FRI 9AM- 5PM

T: 0300 123 9288

E: CROYDON.INFO@CGL.ORG.UK

<DROP INS:>

TURNAROUND CENTRE

51-55 SOUTH END,

CROYDON

CRO 1BF


* AS WE WORK ON AN OUTREACH BASIS, PLEASE CALL
AHEAD TO ENSURE SOMEONE IS THERE TO MEET YOU.

www.changegrowlive.org/young-people



**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

**Drug and
Alcohol Service**
Croydon

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MY SESSIONS ALLOW ME TO EXPRESS MYSELF & DISCUSS MATTERS THAT I WOULDN'T SPEAK TO TEACHERS ABOUT. THIS MAKES ME FEEL HEARD, CHALLENGES MY NORMAL THOUGHT PROCESS AND GIVES ME A DIFFERENT PERSPECTIVE

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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 drug and alcohol service for young people aged 13 to 24.

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 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 sexual health.

WHAT WE OFFER

- We are here to help give young people factual advice and information around drug and alcohol use, which helps to promote healthier decision making.
- Our sessions explore the associated risks of taking drugs or drinking alcohol, e.g. physical health, mental health, emotional well-being, daily functioning and the law
- We provide advice and information on ways to quit smoking
- We can help young people to make informed choices and use in a safer way, which promotes better health and wellbeing
- We can provide support if you're affected by someone else's drug or alcohol use