

About change, grow, live

Change, grow, live is a social care and health charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.

Our services will encourage you to find your inner strength and resources to bring about the life and behavioural changes you wish to achieve.

Equal opportunities

We always work to the principles of fairness and equality of opportunity in all our recruitment processes. Contact us for more details of our equal opportunities policy.

Diversity

We are committed to creating a diverse, inclusive environment which celebrates difference and allows our staff and service users to flourish.

Confidentiality

Our services are confidential and we have an open access policy. However, situations may arise where we will be obliged to notify the relevant authority. We will also share information with other treatment providers if we refer you on.

Statement of purpose

Our goal is to help you regain control, change your life, grow as a person and live life to its full potential.



Get in touch

If you would like to talk in confidence about your situation or are worried about someone else, please get in touch to find out more:

T: 01744 410 752

E: sthelens.info@cgl.org.uk

Facebook: facebook.com/changegrowlive

Twitter: [@changegrowlive](https://twitter.com/changegrowlive)

This leaflet is available in other languages upon request.

For more information visit
www.changegrowlive.org



Change, grow, live (CGL) Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327). Company Registration Number 3861209 (England and Wales).



Sophie

**Recovery
Coordinator**



**A free and
confidential drug and
alcohol service for
adults in St Helens**

01744 410 752



We believe that everyone has the ability to change

Anybody can be affected by drug and/or alcohol use, regardless of their ethnicity, religion, beliefs, class, age, sexuality, disability or lifestyle.

If you have concerns about drugs and alcohol we can help.

We provide confidential information, advice, treatment options and support for adults and communities in St Helens.

We meet people in a range of venues, including GP surgeries, pharmacies and other local community venues.

We are led by the national charity change, grow, live.

How we can help

We can support you with any questions, worries or concerns you might have about:

- Prescription medications
- Alcohol
- Over-the-counter medication use
- Illegal/legal drugs (including cannabis and spice)
- Mental health advice and support
- Steroid use, and more



What we offer

- Advice and support, whatever your level of use.
- An experienced team of health and care staff, nurses and doctors.
- Employment and training support.
- Links to recovery champions, community fellowships and peer support.
- A specialist family service.
- Support in all villages, towns and communities across the county.
- Community recovery champions.
- Partnerships with a range of local, partners in the voluntary and statutory sectors, and the NHS
- Housing advice and support

Ongoing support

There are a number of options for ongoing support including: relapse prevention, 5 ways to wellbeing, post treatment check-ups, mutual aid, volunteering and peer mentoring opportunities.

Opening hours

Mon, Tues, Thurs & Fri: 9am - 5pm

Wednesday: 9am - 8pm

Saturday: 9am - 1pm

Where to find us

St Helens Integrated Recovery Service
Lincoln House
80 Corporation Street
St Helens
Merseyside
WA10 1UQ

