

## We want everyone to feel at home at Change Grow Live

We work with people from all backgrounds and walks of life, including some of the most vulnerable people in our communities. We are working together to make our society more equal and inclusive.

We are committed to always improving the way that we help and support our communities. You can find out more about our approach to equality, diversity and inclusion on our website at [www.changegrowlive.org](http://www.changegrowlive.org).

## Confidentiality

We will always ask you what we can do with any information we have about you. The only time we would break this confidentiality would be if we were worried about your or someone else's safety. We would always try and talk to you about this before it happens.

To find out more about how we use your data, please visit: [www.changegrowlive.org/privacy-notice](http://www.changegrowlive.org/privacy-notice).

## Consent

We never want you to feel under pressure at our services. We will always make sure that we have your consent before we give you any medical treatment or support packages. We'll chat with you to make sure that you have all the information and time you need to make any decisions about your care.

## Registration and Referrals

If you would like to speak to somebody about your alcohol or drug use you can contact the service directly by phone, email or by dropping in yourself.

Doctors, family members, carers and friends, or any other agency, such as social services, can refer somebody into the service.

## 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:** 0151 203 9755

**E:** [Sefton.Services@cgl.org.uk](mailto:Sefton.Services@cgl.org.uk)

**W:** [www.changegrowlive.org/service](http://www.changegrowlive.org/service)

 [/servicefacebookpage](#)

 [@servicetwitterpage](#)

For more information visit:  
[www.changegrowlive.org](http://www.changegrowlive.org)



## Drug and Alcohol Service

Sefton



If you're struggling with drugs or alcohol, we're here to help

## We can help you to change your direction, grow as a person, and live life to its full potential.

We help adults, children, young people and families who are struggling with drugs or alcohol. Our services can support you through your journey to recovery. We can also give you advice about reducing the harmful effects of drugs and alcohol.

Our services are free and confidential. They're open to anyone experiencing difficulties with drugs or alcohol.

### How we help

We know that it isn't always easy to take that first step and visit a service for the first time. When you first visit one of our services, someone will sit down with you to discuss your challenges and goals and answer any questions you have.

We can help you to find the tools you need to meet your goals, as well as any extra support you need along the way.

We can answer any questions or worries you might have about:

- Prescription and over-the-counter medications
- Alcohol
- Drugs (including steroids)
- How drugs or alcohol are affecting your mental health

## What we offer

- Advice and support
- An experienced team of health and care staff, nurses and doctors
- Employment and training support
- Links to recovery coaches, community fellowships and support from people who share similar life experiences
- A specialist family service
- Connections to a range of local partners in the care sector, and the NHS
- Naloxone - a drug that can stop the effects of an overdose

## Ongoing support

You can get lots of ongoing support, including: relapse prevention, wellbeing and support groups, post treatment check-ups, volunteering and mentoring opportunities.

## Opening hours

### Weekdays:

**Monday 09:00 - 17:00**

**Tuesday 09:00 - 17:00**

**Wednesday 09:00 - 17:00**

**Thursday 09:00 - 17:00**

**Friday 09:00 - 17:00**

### Saturday:

**Saturday opening hours coming soon!!!**

### Late opening:

**Late Openings coming soon!!!**



## Where to find us

**Change Grow Live, Sefton Services**

**Bootle - The Green House**  
2 Bridle Way, Sefton  
L30 4UG

**Southport**  
8 Church Street, Sefton  
PR9 0QT