



Hallam Fields  
Junior School

Growing together. Learning together. Achieving together



Change  
Grow  
Live

## Support for Substance Misuse

Derbyshire Alcohol and Drugs Support Page

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-health/drug-and-alcohol-support/alcohol-and-drugs-support.aspx>

CGL Change Grow Live -

[www.changegrowlive.org](http://www.changegrowlive.org)

If you think that you, or someone you know, might have an alcohol or drug related problem then there are groups and organisations out there to give you a helping hand. Derbyshire treatment and recovery services supported over 4,000 people last year, so you are not alone.

Making the decision to pick up the phone or speak to someone might seem impossible right now, but there's lots of support and confidential services waiting to help you.

### What Change Grow Live is all about

If you want to change your direction, grow as a person, and live life to its full potential, Change Grow Live is here to help you.

CGL is there if you need help with challenges including drugs or alcohol, trouble with housing, domestic abuse, or your mental and physical wellbeing. CGL services are free and confidential.



Follow the Derbyshire support link at the top of this page to view many support options!