

## MAKING A REFERRAL

We are more than happy to discuss any questions or concerns you may have about someone you care for or are working with, and their suitability for a referral to the service. You can self refer or ask a professional to, they can also use our screening tool which may help you decide whether a referral is the best option. Please visit [www.changegrowlive.org](http://www.changegrowlive.org) for more information.

We do need the young person's consent in order to accept a referral so please do discuss this with them in advance and get their agreement.

Referrals can be made by:

Phone: 0115 9484 314

Email: [lee.kelly@cgl.org.uk](mailto:lee.kelly@cgl.org.uk)

Once we receive your referral, it will be allocated to a worker who will make arrangements for an initial meeting with the young person.

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**MY RELATIONSHIP WITH MY SON HAS IMPROVED LOADS SINCE TALKING TO JIGSAW**

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Our mission is to help people change the direction of their lives, grow as a person and live life to its full potential.



# CGL JIGSAW

Young People and Family Service Nottingham


## ABOUT CHANGE, GROW, LIVE

Change, grow, live (CGL) 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.

All our services are designed to encourage individuals to find the strength and resources within themselves to bring about the life and behavioral changes they wish to achieve.

[www.changegrowlive.org/young-people](http://www.changegrowlive.org/young-people)

 [facebook.com/changegrowlive](https://facebook.com/changegrowlive)

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



Change, grow, live (CGL) Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1079327) and in Scotland (SC039861). Company Registration Number 3861209 (England and Wales).

**DRUG & ALCOHOL SERVICES FOR YOUNG PEOPLE UNDER 19 INCLUDING SPECIALIST FAMILY SUPPORT FOR CHILDREN AND ADULTS IMPACTED BY SUBSTANCES**

**T: 0115 9484 314**

**"PUTTING THE PIECES TOGETHER"**

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

This service is part of the charity:



## ARE YOU...?

### A YOUNG PERSON

- Who wants to speak to someone about whats going on in your life?
- Wants to make sure they know enough about drugs and alcohol
- In need of support for yourself because of a someone else's substance use?

## OR ARE YOU...?

### A FAMILY MEMBER

- Who is worried about someone else's substance use?
- Who would benefit from support from other people in a similar situation?

## WHO WE ARE

We are a specialist support service for young people affected by drugs or alcohol. We offer provision focused on both preventing substance misuse as well as providing structured treatment to support those using more problematically.

Our team of qualified staff also provide information, advice and consultancy for professionals, families and carers who are concerned about a young person's substance use.

Our aim is to provide you with the knowledge, skills and confidence to identify and appropriately respond to risk associated to a young person's substance use.

Our services are free, friendly and confidential. We offer person-centered support that is non-judgmental and suited to meet the individual needs of all service users.

We welcome all young people no matter what their background, religion, disability, sexual orientation, culture or gender.

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**I'VE ALWAYS FELT LISTENED TO  
AND HAVE MADE REALLY  
POSITIVE CHANGES IN MY  
LIFE**

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## WHAT WE OFFER

We offer tailored services for young people, families/carers and professionals, ranging from one-off to longer term support. To ensure support for young people is coordinated to meet their range of needs, we provide services in partnership with health, education and youth justice services.

- Assessment and care-planning for young people
- 1:1 support and interventions
- Support around related areas such as housing, education/training, employment and finances
- Groupwork programmes
- Harm reduction advice and information
- 1:1 support for children impacted by parental substance use. including support for parents and carers
- Community outreach
- Information, advocacy and support for families, carers and professionals
- Telephone and digital support via social media

If this doesn't include what you are looking for, please contact us and we will be happy to discuss how we can help you.

**CALL 0115 9484 314  
TO SPEAK TO A TEAM  
MEMBER**

