

[Back to listing](#)



**Themes:** Advocacy, Counselling

**Aimed at:** All People

We are open and ready to welcome you back face to face

We offer an all-age service to everyone living in Nottinghamshire who is experiencing problems with drugs and/or alcohol. Our service includes support for individuals as well as children and family members impacted by someone else's substance misuse.

This is a free and confidential advice and support service.

Everyone coming to Change Grow Live can expect to receive:

A welcoming service which is focused on your individual needs.

Access to advice, information and a full assessment.

Access to clinical and psychological services.

Opportunity to volunteering and employment readiness services.

Referral to other support services where relevant

How to get support

We have 3 hubs around Nottinghamshire. Select your local area to find out opening times, travel details and specific services available.

Find your district by postcode

If you're not sure which district you live in you can use this website to search by postcode.

## Keeping you safe

While social distancing guidelines are in place we recommend you phone us first 0115 896 0798. We can then make the necessary arrangements to make your visit safe. It may be possible and/or safe to conduct your treatment over the phone or via video call.

## Telephone support - opening times

We're here for you when you are ready to start your recovery journey. Give us a ring to find out how we can help you.

0115 8960798

Just so you know...

Our phones lines are open at different times to our Hubs. Please make sure you check your local Hub's opening times before you visit.

[Click here for the opening times of our Hubs](#)

Mon 9.15am - 4.45pm

Tue 9.15am - 4.45pm

Wed 9.15am - 4.45pm

Thu 1pm - 4.45pm

Fri 9.15am - 4.45pm

Sat & Sun - closed

**Area:** Bassetlaw

## Contact Details

2 & 3, Sherwood Court

Sherwood St

NG18 1ER

[notts@cgl.org.uk](mailto:notts@cgl.org.uk)

0115 896 0798

<https://changegrowlive.org/nottinghamshire>

[Back to Listing](#)