

**IF YOU NEED ADVICE ON  
DRUGS AND ALCOHOL.**

**YOU'RE WORRIED ABOUT**

**SOMEONE,**

**OR YOU JUST WANT TO TALK.**

**WE'RE HERE**

**TO HELP.**



**ARE YOU...**

- **UNDER 25 YEARS OF AGE?**
- **WORRIED ABOUT DRUG OR ALCOHOL USE?**
- **WANTING TO TALK TO SOMEONE IN PRIVATE?**



**Change  
Grow  
Live**

**Drug and Alcohol  
Support for People  
and their Families**

**Nottinghamshire**



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No judgement,

No pressure,

No lectures.

If you're a young person and you are worried about using drugs, drinking too much, or you just want some advice. We're here to help.

This is a confidential service.

Find out more:



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



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