

WE'RE HERE TO HELP

GET IN TOUCH

YOU CAN CALL US OR DROP IN

MONDAY - THURSDAY 09:00 - 17:00 OR FRIDAY 09:00
- 16:30

CALL: 02476 553130

EMAIL: COVENTRYYP.INFO@CGL.ORG.UK


VISIT US AT:

23-25 CITY ARCADE
COVENTRY
CV1 3HX

changegrowlive.org/positive-choices-coventry


 facebook.com/PositiveChoicesCov

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

 [positivechoices_coventry](https://instagram.com/positivechoices_coventry)



Change Grow Live Registered Office: 3rd Floor,
Tower Point, 44 North Road, Brighton BN1 1YR.
Registered Charity Number 1079327 (England
and Wales) and SCO39861 (Scotland) Company
Registration Number 3861209 (England and Wales).

A black and white photograph of two young women sitting on the floor. One woman is in the foreground, wearing a light-colored t-shirt and jeans, looking down at a pizza box. The other woman is partially visible on the right, wearing a dark long-sleeved shirt and leggings. The pizza box is open, showing a pizza with toppings. The background is a plain, light-colored wall.

IF THERE'S
SOMETHING YOU'RE
WORRIED ABOUT
OR YOU JUST
WANT TO TALK,
WE'RE HERE
TO HELP.



Positive Choices
Young People's Substance
Misuse, Relationship and
Sexual Health Service

Coventry

A black and white photograph of a young person with long hair, wearing a plaid shirt, sitting in a wheelchair and looking at a smartphone. The background is slightly blurred, showing another person's shoulder. The overall tone is somber and relatable.

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**YOU CAN SPEAK TO SOMEONE
WHEN YOU FEEL THERE IS NO
ONE ELSE YOU CAN SPEAK TO**

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ARE YOU...

- **WORRIED ABOUT YOURS OR ANOTHER'S SUBSTANCE MISUSE, UNHEALTHY PARTNER RELATIONSHIPS OR SEXUAL HEALTH?**
- **WANT TO TALK TO SOMEONE FRIENDLY IN A FREE AND CONFIDENTIAL SPACE?**
- **UNDER 25 YEARS OF AGE?**

WE'RE HERE TO HELP

WHO WE ARE

We're a free and confidential service for young people aged between 5 and 24. We're here to give you help and advice with challenges you're facing in everyday life. We won't judge and we won't tell you what to do. We'll listen and support you to make the positive changes that you want.

Our team can help you with lots of different things that might be affecting you, whether it's problems with drugs or alcohol, a family member's drug or alcohol misuse or other issues like partner relationships and sexual health.

WHAT WE OFFER

- **Advice and support around your own drug or alcohol use**
- **Support if you're affected by someone else's drug or alcohol use**
- **Support around unhealthy partner relationships, sexual health and keeping safe online and in the community**
- **One to one sessions with your worker in a place where you feel comfortable**
- **Group work and activities including Ecotherapy at our allotment**
- **Volunteering opportunities and Peer Mentor training and qualifications**