Cheshire & Merseyside Services / Support

The services below provide treatment, recovery, wellbeing, family support and specialist advice for people affected by alcohol, drugs and addiction across Cheshire & Merseyside.

Please note that all information was verified as accurate on 14 October 2026 and is subject to annual review and amendment where necessary.

Contents

Cheshire & Merseyside Services / Support 1
- Cheshire East 2
  - Drug, Alcohol & Recovery Services 2
  - Family & Community Support 3
- Cheshire West and Chester 4
  - Drug, Alcohol & Recovery Services 4
  - Family & Community Support 4
- Halton 6
  - Drug, Alcohol & Recovery Services 6
  - Family & Community Support 6
- Knowsley 8
  - Drug, Alcohol & Recovery Services 8
  - Family & Community Support 8
- Liverpool 10
  - Drug, Alcohol & Recovery Services 10
  - Family & Community Support 11
- Sefton 13
  - Drug, Alcohol & Recovery Services 13
  - Family & Community Support 13
  - Young People's Services 14
- St Helens 15
  - Drug, Alcohol & Recovery Services 15
  - Family & Community Support 16
  - Young People's Services 17
- Warrington 18
  - Drug, Alcohol & Recovery Services 18

Family & Community Support 18
Young People's Services 19
Regional Recovery & Mutual Aid Section 20
Recovery Communities & Mutual Aid 20

Cheshire East

Drug, Alcohol & Recovery Services

Change Grow Live (CGL) Cheshire East

Change Grow Live Cheshire East is the integrated drug and alcohol service for Cheshire East, providing free and confidential support for adults, young people, families, carers, and those affected by someone else's substance use. The service offers assessment, structured treatment, recovery support, harm reduction, blood-borne virus testing, naloxone provision, counselling, and peer support.

Contact

Telephone: 01625 464995
Email: eastcheshire.info@cgl.org.uk [cheshireeast.gov.uk], [changegrowlive.org]
Website: https://www.changegrowlive.org/service/cheshire-east-drug-alcohol

Cheshire East Young People's Substance Misuse Service (CGL)

The Cheshire East Young People's Substance Misuse Service, delivered by Change Grow Live, provides free and confidential support for children and young people aged up to 25 who are affected by drug or alcohol use. Support includes one-to-one interventions, advice and guidance, education, family support, community outreach, school-based support, and early intervention services.

Contact

Telephone: 01625 464995
Email: eastcheshire.info@cgl.org.uk
Website: https://www.changegrowlive.org/service/cheshire-east-drug-alcohol/young-people

Family & Community Support

Just Drop-In

Just Drop-In is a registered charity providing free mental health, emotional wellbeing, counselling, mentoring, and early help services for children and young people aged 11-25 living in North Cheshire East, including Macclesfield, Bollington, Wilmslow, Knutsford, Poynton and surrounding areas. The service also offers support for parents and carers. Its focus is on prevention, resilience, and helping young people who are finding life difficult before issues escalate.

Contact

Tel: 01625 665079
Text: 07718 425405
Email: hello@justdropin.co.uk
Website: www.justdropin.co.uk

Cheshire West and Chester

Drug, Alcohol & Recovery Services

Via New Beginnings (Cheshire West & Chester)

Via New Beginnings provides free, confidential drug and alcohol treatment and recovery support for adults, young people, families and carers across Cheshire West and Chester. Services include assessments, one-to-one support, recovery planning, community detoxification, harm reduction, counselling, family support, peer mentoring and access to residential rehabilitation where appropriate.

Contact

Tel:
Chester: 0300 303 4549
Ellesmere Port: 0300 303 4550
Northwich: 0300 303 4548
Email: cwac@viaorg.uk
Website: www.viaorg.uk/services/cheshire-west-and-chester-new-beginnings/

Family & Community Support

Addiction Family Support (formerly DrugFAM)

Addiction Family Support is a national charity supporting families, friends, carers, partners, and anyone affected by a loved one's alcohol, drug, or gambling addiction. The service also supports people bereaved by addiction-related deaths. Support includes a confidential helpline, one-to-one support, group support, information, coping strategies and signposting.

Contact

Helpline: 0300 888 3853
Email: office@addictionfamilysupport.org.uk
Website: www.addictionfamilysupport.org.uk

Sanctuary Family Support

Sanctuary Family Support is a specialist charity supporting individuals, families and carers affected by substance misuse. The service provides free, confidential support, education, group work, and practical guidance to help families cope with the impact of addiction and improve their wellbeing. Its mission is to help substance users and their families achieve a better quality of life.

Contact

Telephone: 0151 735 0747
Email: ruth@sanctuaryfs.org
Website: www.sanctuaryfs.com

Halton

Drug, Alcohol & Recovery Services

Halton Integrated Recovery Service (Change Grow Live)

The Halton Integrated Recovery Service, delivered by Change Grow Live (CGL), provides free, confidential support for adults experiencing problems with drugs and/or alcohol. The service offers rapid access to assessment, treatment, recovery support, harm reduction, prescribing, community detoxification, residential rehabilitation referrals, peer mentoring, volunteering opportunities, and family support.

Contact

Tel: 0151 422 1400
Website: https://www.changegrowlive.org/service/halton-integrated-recovery
Suggested JSNA Entry

Family & Community Support

Halton Integrated Recovery Service Family Support

Family members, carers and loved ones affected by someone else's drug or alcohol use can access dedicated support through the Halton Integrated Recovery Service. This includes family interventions, advice, information, peer support, and the nationally recognised MPACT Family Programme. The service also runs a SMART Recovery Family and Friends Support Group.

Contact

Tel: 0151 422 1400
Website: https://www.changegrowlive.org/service/halton-integrated-recovery

Second Story Recovery

Second Story Recovery is a peer-led recovery community operating across Halton. The organisation provides a safe, welcoming environment for people affected by addiction, mental health issues, and homelessness. Services include peer support groups, community activities, outreach, wellbeing support, and signposting into treatment and recovery services.

Contact

Website: https://secondstoryrecovery.org.uk/

Knowsley

Drug, Alcohol & Recovery Services

Knowsley Integrated Recovery Service (Change Grow Live)

Knowsley Integrated Recovery Service, delivered by Change Grow Live (CGL), provides free and confidential support for people affected by drug and alcohol use. The service offers assessment, treatment, prescribing, harm reduction, community detoxification, counselling, peer mentoring, recovery groups, volunteering opportunities, and access to inpatient detoxification and rehabilitation services.

Contact
Huyton Hub
Tel: 0151 482 6291
Kirkby Hub
Tel: 0151 546 9557
Email knowsley@cgl.org.uk
Website https://www.changegrowlive.org/service/knowsley-integrated-recovery/about-us

Family & Community Support

ENGAGE (Employment Support)

ENGAGE is the employment support offer within the Knowsley Integrated Recovery Service. Through the Individual Placement and Support (IPS) model, the service helps people in recovery access training, volunteering opportunities, and paid employment.

Contact

Tel: 0151 482 6291
Email: knowsley@cgl.org.uk

Knowsley Haven

Knowsley Haven provides free and confidential support for family members, carers and loved ones affected by someone else's drug or alcohol use. The service offers advice, emotional support, information, and a safe environment where families can meet others experiencing similar challenges.

Contact

Email knowlseyhaven@gmail.com

Liverpool

Drug, Alcohol & Recovery Services

AD-PASS

AD-PASS offers one-to-one counselling for people looking to reduce or stop their drug or alcohol use. The service provides up to 16 counselling sessions and can support people alongside other treatment and recovery services.

Contact

Tel: 0151 703 0679
Website: https://www.changegrowlive.org/service/liverpool/recovery-support

Brink of Change

Brink of Change is a recovery preparation programme delivered through The Forward Trust in partnership with River Liverpool. The programme helps people take their first steps towards abstinence through group sessions, recovery workshops, goal setting, relapse prevention, and peer support. No formal referral is required.

Contact

Tel: 0151 703 0582
Email: brink.info@forwardtrust.org.uk
Website: https://forwardtrust.org.uk/support/the-brink-liverpool

Hope Centre

The Hope Centre, operated by Mersey Care NHS Foundation Trust, provides inpatient detoxification programmes for people who require medically supported withdrawal from drugs or alcohol and are unable to detox safely in the community. Referrals are made through treatment providers and keyworkers.

Contact
Tel: 0151 330 8074
Website: https://www.merseycare.nhs.uk/our-services/liverpool/drug-and-alcohol-services

River Liverpool Drug & Alcohol Support Service (Change Grow Live)

River Liverpool is Liverpool's integrated drug and alcohol treatment service, delivered by Change Grow Live (CGL). The service provides free and confidential support for adults affected by drug and alcohol use, including assessment, prescribing, recovery planning, harm reduction, counselling, family support, and access to detoxification and rehabilitation services.

Contact

Tel: 0151 706 7888
Website: https://www.changegrowlive.org/liverpool

SHARP Programme (Self-Help Addiction Recovery Programme)

The SHARP Programme is an abstinence-based recovery programme for people recovering from drug and alcohol use. Delivered through the River Liverpool partnership, it combines group therapy, counselling, peer support, life-skills training, relapse prevention, and 12 months of aftercare support.

Contact

Tel: 0151 703 0679
Website: https://www.changegrowlive.org/service/liverpool/recovery-support

Family & Community Support

The Brink / Forward Trust Liverpool

The Brink is the UK's first award-winning recovery café and community hub. Operated by The Forward Trust, it provides recovery support, community activities, wellbeing events, volunteering opportunities, educational programmes, and a welcoming environment for people in recovery, families, and members of the community.

Contact

Tel: 0151 703 0582
Email: brink.info@forwardtrust.org.uk
Website: https://forwardtrust.org.uk/support/the-brink-liverpool

Tom Harrison House

Tom Harrison House is a specialist residential rehabilitation service supporting veterans and emergency service personnel affected by addiction and mental health difficulties. The service provides structured residential recovery programmes and ongoing support.

Contact

Tel: 0151 909 8481

Sefton

Drug, Alcohol & Recovery Services

Change Grow Live Sefton

Change Grow Live (CGL) Sefton provides free and confidential support for adults experiencing problems with drugs and/or alcohol. The service offers assessment, treatment, recovery planning, harm reduction, prescribing, counselling, recovery support, family support, and access to specialist treatment and rehabilitation services. It also supports families and carers affected by someone else's substance use.

Contact

Tel: 0151 203 9755
Email: Sefton.Services@cgl.org.uk
Website: https://www.changegrowlive.org/sefton

Family & Community Support

Change Grow Live Sefton Family Support Service

Change Grow Live Sefton provides dedicated support for families, carers, and loved ones affected by another person's drug or alcohol use. The service offers advice, information, emotional support, family interventions, and signposting to specialist services where needed.

Contact

Tel: 0151 203 9755
Email: Sefton.Services@cgl.org.uk
Website: https://www.changegrowlive.org/sefton

Young People's Services

Rise Up – Sefton Young People and Families Service

Rise Up is Sefton's specialist drug and alcohol service for children, young people, and families. Delivered by Change Grow Live, the service supports anyone aged 25 and under who is concerned about their own or someone else's drug or alcohol use. Support includes one-to-one interventions, education, harm reduction, family support, prevention work, and community-based support.

Contact

Tel: 0151 318 2804
Website: https://www.changegrowlive.org/service/sefton-rise-up
Referral Form: https://www.changegrowlive.org/rise-up-sefton/referrals

St Helens

Drug, Alcohol & Recovery Services

Come Together Hub

Come Together Hub is a peer-led recovery community organisation supporting people in recovery from addiction. The service offers peer support groups, mentoring, volunteering opportunities, training, wellbeing activities, family support, outreach, and community-based recovery programmes led by people with lived experience.

Contact

Email: matty@cometogetherhub.com
Website: https://cometogetherhub.com

Standing Tall Foundation

Standing Tall Foundation provides recovery-focused support for people experiencing addiction, poor mental health, social exclusion, and related challenges. Services include counselling, group support, recovery activities, and wellbeing interventions.

Contact

Tel: 07788 240184
Email: info@standingtallfoundation.org.uk
Website: Standing Tall Foundation Website

St Helens Integrated Recovery Service (Change Grow Live)

St Helens Integrated Recovery Service, delivered by Change Grow Live (CGL), provides free and confidential support for adults (19+) affected by drug and alcohol use. The service offers assessment, prescribing, detoxification support, harm reduction, counselling, recovery groups, mental health support, housing and wellbeing support, and referrals to inpatient detoxification and rehabilitation services. It also includes a specialist family support project called Building Bridges.

Contact

Tel: 01744 410752
Email: sthelens.info@cgl.org.uk
Website: https://www.changegrowlive.org/service/st-helens-integrated-recovery

Family & Community Support

Building Bridges

Building Bridges is the specialist family support project within St Helens Integrated Recovery Service. The service supports parents, carers, family members and loved ones affected by substance use, helping families build resilience, improve relationships, and access appropriate support.

Contact

Tel: 01744 410752
Email: buildingbridges.sthelens@cgl.org.uk

Making Space (Footsteps Family Support)

Making Space Footsteps Family Support provides dedicated support for anyone affected by someone else's substance use. Services include one-to-one emotional support, advocacy, family counselling, bereavement support, home visits, peer support groups, and practical assistance.

Contact

Tel: 01744 808212
Email: enquiries@makingspace.co.uk
Website: https://www.makingspace.co.uk

Young People's Services

Young People's Drug and Alcohol Action Team (YPDAAT)

YPDAAT provides a confidential service for young people under 19 who are using, or are at risk of using, drugs or alcohol, or who are affected by someone else's substance use. The service delivers one-to-one support, family support, safeguarding interventions, harm reduction, smoking and vaping support, and work within schools and community settings.

Contact

Tel: 01744 675605
Email: ypdaat@sthelens.gov.uk

Warrington

Drug, Alcohol & Recovery Services

Change Grow Live (CGL) Pathways to Recovery Warrington

Pathways to Recovery Warrington, delivered by Change Grow Live (CGL), is Warrington's integrated drug and alcohol treatment service. It provides free and confidential support for adults, families, carers, and people involved in the criminal justice system. Services include assessment, prescribing, community detoxification, harm reduction, blood-borne virus testing, naloxone provision, counselling, residential rehabilitation referrals, peer support, and recovery groups.

Contact

Tel: 01925 415176
Out of Hours: 07919 558644
Email: warringtonsms@cgl.org.uk
Website: Website: https://www.changegrowlive.org/service/warrington-pathways-to-recovery

Family & Community Support

Home-Start Warrington & Cheshire

Home-Start Warrington & Cheshire provides practical and emotional support to families with at least one child under the age of five. The service offers trained volunteers, family support workers, parenting support, wellbeing support, and early intervention to help families through challenging times.

Contact

Tel: 01925 652320
Email: office@homestartwarringtonandcheshire.org.uk
Website: www.homestartwarringtonandcheshire.org.uk

Young People's Services

The Ways (Young People's Drug & Alcohol Service)

The Ways is Warrington's specialist young people's drug and alcohol service, delivered by Change Grow Live. The service supports young people aged 10-18 who are concerned about their own or someone else's drug or alcohol use. Support includes one-to-one interventions, prevention work, education, harm reduction, targeted group work, and community-based support delivered in schools and other settings.

Contact

Tel: 01925 415176
Email: warringtonsms@cgl.org.uk
Website: https://www.changegrowlive.org/service/warrington-the-ways/info

Regional Recovery & Mutual Aid Section

Recovery Communities & Mutual Aid

Recovery communities and mutual aid organisations provide free, peer-led support for people recovering from alcohol and drug use, as well as family members and carers affected by addiction. Meetings are available online and across Cheshire & Merseyside and can offer valuable ongoing support alongside formal treatment and recovery services.

Alcoholics Anonymous (AA)

Alcoholics Anonymous (AA) provides free, confidential, peer-led support for people who wish to stop drinking. Meetings are available in person and online and follow the internationally recognised 12-Step recovery programme.

Helpline: 0800 917 7650
Website: www.alcoholics-anonymous.org.uk

Al-Anon Family Groups

Al-Anon Family Groups provides free support for anyone affected by another person's drinking, including partners, parents, children, relatives, friends, and carers. Through peer support meetings and shared experiences, members gain understanding, support, and coping strategies.

Helpline: 0800 008 6811
Email: helpline@al-anonuk.org.uk
Website: www.al-anonuk.org.uk

Cocaine Anonymous (CA)

Cocaine Anonymous (CA) provides free peer-led support for people recovering from cocaine addiction and all other mind-altering substances. Meetings follow a 12-Step recovery approach and are available in person and online.

Helpline: 0800 612 0225
Email: helpline@cauk.org.uk
Website: www.cocaineanonymous.org.uk

Narcotics Anonymous (NA)

Narcotics Anonymous (NA) provides free peer support for people recovering from drug addiction. Meetings offer a safe and supportive environment where members can share experiences, learn from others, and support one another in recovery.

Helpline: 0300 999 1212
Website: www.ukna.org

SMART Recovery UK

SMART Recovery UK is a free, evidence-based mutual aid programme supporting people recovering from addictive behaviours, including alcohol and drug use. Meetings help people develop practical skills to build motivation, manage cravings, cope with difficult thoughts and feelings, and sustain long-term recovery.

Website: www.smartrecovery.org.uk