

Opening hours

8am – 8pm
7 days a week

Get in touch and referrals in to the service

If you would like to talk in confidence about your situation or are worried about someone else please get in touch to find out more.

We offer advice and information, support and treatment for adults and young people who are experiencing issues with alcohol and drugs.

T: 0800 054 6603

✉ resolutions.info@cgl.org.uk

🐦 [@resolutionsltn](https://twitter.com/resolutionsltn)

📘 facebook.com/resoLUTiONsLuton

This leaflet is available in other languages.

For more information visit
www.resolutions4luton.org



About ResoLUTiONS

ResoLUTiONS will be facilitated by change, grow, live (CGL). CGL is a social care charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.

Equal opportunities

We always work to the principles of fairness and equality of opportunity in all our recruitment processes. Contact us for more details of our equal opportunities policy.

Diversity

We are committed to creating a diverse, inclusive environment which celebrates difference and allows our staff and service users to flourish.

Confidentiality

Our services are confidential and we have an open access policy. However, situations may arise where we will be obliged to notify the relevant authority. We will also share information with other treatment providers if we refer you on.

We work in partnership with



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 (SCO39861). Company Registration Number 3861209 (England and Wales).

resolutions

your journey - our support - your success

ResoLUTiONS
Alcohol and Drug Recovery Service

E: resolutions.info@cgl.org.uk

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M: 07920 877 778

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We believe that everyone has the ability to change

Anybody can be affected by drug and/or alcohol use, regardless of their ethnicity, religion, beliefs, class, age, sexuality, disability or lifestyle.

If you have concerns about drugs and alcohol we can help.

We provide confidential information, advice, treatment options and support all adults, young people, families and communities across Luton.

We have two main hubs across Luton, however we work from a range of other locations such as pharmacies and community centres.

How we can help

We can support you with any questions, worries or concerns you might have about:

- ▶ Opiates, including heroin and opiate prescriptions medication
- ▶ Alcohol
- ▶ Over-the-counter medication use
- ▶ Illegal/legal drugs
- ▶ 'Dual diagnosis' and mental health
- ▶ Blood borne viruses

What we offer

- ▶ A service tailored to meet individual needs
- ▶ Recovery planning for all
- ▶ Structured treatment interventions including groups and counselling
- ▶ Peer mentor and volunteer scheme
- ▶ Access to pathways into inpatient and community detox/residential rehabilitation
- ▶ Criminal Justice Interventions
- ▶ GP Shared Care
- ▶ Hospital Alcohol Liaison Service
- ▶ Women, Families & Carers Support
- ▶ Service User Involvement
- ▶ Outreach
- ▶ Online support
- ▶ Substitute Opiate Prescribing
- ▶ Blood Borne Virus Interventions
- ▶ Needle Exchange
- ▶ Access to Education, Training & Employment
- ▶ Aftercare Support



Ongoing support

There are a number of options for ongoing support including: relapse prevention, 5 ways to wellbeing, post treatment check-ups, Education, Training and Employment advice, volunteering and the opportunity to gain a qualification as a peer mentor.

You can also access abstinence based support groups, mutual aid and recovery coaches offered via our partners Intuitive Thinking Skills.

Where to find us

Main Treatment Hub

2-12 Victoria Street, Luton, LU1 2UA

Recovery Hub

89 Castle Street, Luton, LU1 3AJ

