

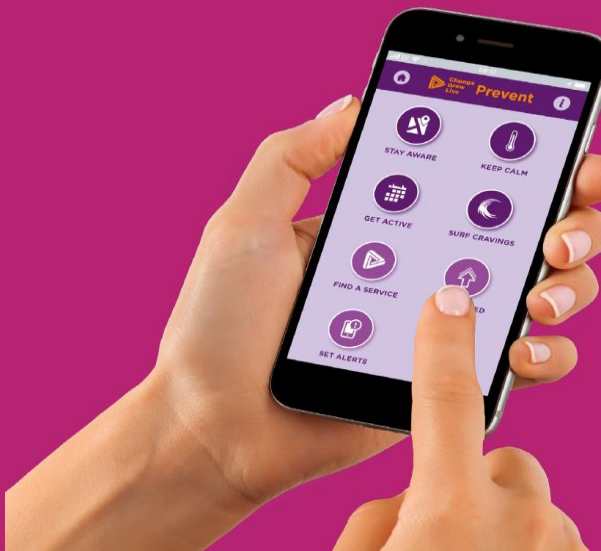


**Change
Grow
Live**



CGL Prevent App

If you are experiencing difficulties with Alcohol or Drugs the CGL Prevent App gives you access to a set of proven techniques to help you achieve positive behaviour change.



Designed to be very interactive and easy to use, the App is based on some of the latest advances in behavioural science.

It gives users instant access via their smartphones to evidence-based coping skills that will support you and strengthen your resilience.

The coping skills within the app can help you regardless of what issues you're facing.

Anyone who has an Android Phone or an Apple iPhone can use the App.



All you need to do is visit Google Play or the App Store, search for 'CGL Prevent' and download the app to your device. Please use the code **'birmingham11'** to register.

The Birmingham Substance Misuse Service delivered by Change, Grow, Live (CGL) is available for anyone who requires assistance regarding Drugs or Alcohol.

Call: 0121 227 5890

Email: birmingham.info@cgl.org.uk

Webpage: <https://www.changegrowlive.org/drug-and-alcohol-service-birmingham>