



Are you in recovery from issues relating to alcohol or drugs, or are you working with someone who is?

TLC: Talk, Listen, Change has funding to offer counselling sessions to support people emotionally while they take the next step in their recovery journey.

[Book](#)

We also work with:

- partners
- adult family members

Free support
available to those based in
Greater Manchester.

Up to 10 sessions available

These sessions could provide:

- Help to break free from some of the psychological connections with drugs or alcohol
- Provide additional support allowing for continued growth and development
- Help with understanding why difficulties have developed and the impact on life and wellbeing
- Support with identifying triggers and taking positive steps to improve health and wellbeing
- Provide space to learn how to adopt healthy coping strategies or process feelings such as grief, loneliness or isolation

More information:

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[Refer Here](#)

