



Do you need support to manage your drinking or drug use?

We can help.

Our 'Change Up' programme can help you to decrease in substance misuse and harm reduction, improve mental well-being, increase resilience and self-belief and provide you with knowledge of local specialist services available to you in your area.

Contact us
020 3981 5525
info@forwardtrust.org.uk
forwardtrust.org.uk

Unit 106-107
Edinburgh House
170 Kennington Lane
London SE11 5DP



If you are interested in participating please speak to member of staff, or simply scan the QR code to self-refer

Change up coordinator email:
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forward

Registered charity number: 1001701 | Registered Company No. 2560474



Change Up

A programme for
18-30 year olds from
The Forward Trust

forward

www.forwardtrust.org.uk

Aims of the Change Up programme

- To reduce the harms associated with substance use
- To improve mental well-being amongst participants
- To improve resilience and self-belief

How does it help?

- Getting early support which is tailored to people in this age group
- Becoming part of a supportive group of peers
- Getting answers to questions you were afraid to ask
- Finding hope for the future Improving mental wellbeing
- Building self-confidence and resilience



How does it work?

The Change UP programme is facilitated by trained practitioners and supported by the Family and Young People department at the Forward Trust.

The programme consists of an initial online 1:1 discussion for each participant followed by eight online group sessions covering specific topics, each one hour long. It ends with a 1:1 discussion for each participant to draw together learning and think about next steps. After this, participants can join our Change Up peer-led community

“Great support from the group leader and people in the group”

Change Up Participant

“I was worried when there were three other people in the group, that it would not be as useful for me, but I found it more useful to have others to talk things through with”

Change Up Participant

Topics covered:

- What is substance use and when does substance use become risky?
- The Bigger Picture
- Healthy Relationships
- What is mental health and how do people manage it?
- Who am I and who do I want to be?
- Self-Worth
- Coping Strategies and keeping distracted
- Maintaining Changes