

How to access our service:

If you think we can help, please call us in complete confidence on:

0161 271 0020

Or you can email us on:

achievebury@gmmh.nhs.uk

You may be referred to us by your GP or another healthcare professional.

We look forward to seeing you - together we can help you Achieve an improved life and a hopeful future.



This information can be provided in different languages, Braille, large print, interpretation, text only and audio format on request.

For further information, visit:



www.gmmh.nhs.uk



@GMMH_NHS



/GMMentalHealth



**Greater Manchester
Mental Health**
NHS Foundation Trust

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NHS
**Greater Manchester
Mental Health**
NHS Foundation Trust

Achieve Recovery Services
Bury

**Helping you
Achieve what
you want in
life**



Improving Lives

Achieve Bury Recovery Services

Welcome to Achieve Bury - we are here to help you get well and stay well.

How we can help...

Achieve Bury is here to help you build a life which is important to you and is free from the problems that addiction can bring. Achieve Bury is run by Greater Manchester Mental Health NHS Foundation Trust (GMMH) as well as the Big Life Group and Early Break. Together we have years of expertise to help you address the issues you might be having as a result of alcohol and/or drugs as well as supporting your family and friends who may have also been affected by this situation.

Who we are...

GMMH is the main provider of mental health and substance misuse services across Greater Manchester and beyond. We employ staff from a variety of backgrounds who specialise in addiction and can oversee your care, every step of the way. Our years of mental health experience has shown that addiction can happen due to underlying conditions such as depression or anxiety. We will work with you to look at these kinds of issues and help you address them. By tackling the causes of addiction we can work together to help you live an improved life, full of the things which are important to you.

The Big Life Group



The Big Life Group works with individuals and families to improve health and wellbeing. They help people look at everything affecting their wellbeing – from employment and housing to family and money issues. They can support you back into work or education if that is a goal and help you rebuild your life.

Early Break



Early Break provides Young People & Family Services offer young people support with substance use, providing education, information and interventions to reduce risk taking behaviours associated with drugs and alcohol. Advocacy Workers provide access to treatment and offer one-to-one support covering a whole range of topics such as physical/emotional/sexual health, family and relationships, education, finance and employment. They also offer whole family support for children and family members affected by parental substance use (Holding Families Programme). They work with parents and carers at any stage of their recovery from drugs and/or alcohol use. The programme gives the child/children a voice to explore the impact substance use has on all family members with the goal being to empower families to make positive decisions to help improve family life.