

# Young People & Family Service

Working together towards positive change



**& Early  
Break**

# Early Break was established in 1994 as a specialist treatment, information and support service for children and young people using drugs and alcohol. Since then, our service offer has evolved to address the many complex needs of our young people and families

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Our practice is rooted in personcentred theory reflected in our values and relationships. Since inception, the charity has evolved to offer a wide range of services across the North West. This guide gives a broad outline of our services, however due to the nature of charitable funding and commissioning, the offers may be widened or changed. Visit our website and social media platforms for up to date information. See what we're up to and tell us your views and experiences too!

[earlybreak.co.uk](http://earlybreak.co.uk)



[Early Break UK](https://www.facebook.com/EarlyBreakUK)



[@EarlyBreakUK](https://twitter.com/EarlyBreakUK)



[earlybreakuk](https://www.instagram.com/earlybreakuk)

# Early Break's core offers

For more information about each core offer, please click on the links under each offer and you will be redirected to the Early Break website.

**0161 723 3880**  
**[info@earlybreak.co.uk](mailto:info@earlybreak.co.uk)**



## Advocacy

Any young person referred to Early Break for substance misuse issues will be responded to within 24 hours. Advocacy Workers work with young people to gain a greater understanding of their needs and identify the support the young person may require. Together, the worker and young person will look at goals the young person wants to achieve. This process is known as care planning and will normally cover a whole range of areas such as substance use, physical health, emotional health, sexual health, family, education, finance and employment etc.

Advocacy Workers offer one-to-one support, education and advice and offer harm reduction interventions. They have access to a doctor, holistic therapies and access to sexual health services.

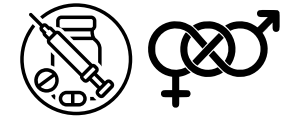
**For more information click [HERE](#)**



## Training provider

As part of the wider remit, Early Break is an Accredited Training Provider (CDP Accredited) and has developed a range of training courses. All training courses are up to date and address new and emerging trends in the field of substance misuse and supporting the complex needs of young people. Early Break also provides bespoke training packages to cater for any organisation's specific needs.

**To find out more about the services offered click [HERE](#)**



## Integrated substance misuse & sexual health

We have partnered with fellow specialists, Virgin Care and The Proud Trust to offer a combined sexual health/substance misuse service in Oldham for young people under 19 years old or up to 25 if there is a SEND need (young people with a specialist educational need) or a young person with 'looked after child' status (LAC).

If you are a young person or know a young person who would like some support around sexual health/substance use/identity, or if you would like to refer a young person to us please email [info@earlybreak.co.uk](mailto:info@earlybreak.co.uk) or call us on 0161 723 3880.

**For more information click [HERE](#)**



## Outreach

Early Break's Outreach Workers engage with young people wherever they are in the community. This could be parks, youth clubs, events and much more. Outreach Workers act as a link between the young person and them being referred into Early Break. Part of the Outreach Worker's role is to safeguard young people, raise awareness of substance misuse issues, support them with sexual health advice and any other support needed to help them make positive decisions, thus minimising risks to their physical and emotional health and wellbeing.

**For more information click [HERE](#)**

# Early Break's additional offers

## — Family Services

Holding Families Programme - supporting the whole family with parental substance misuse.

**For more information click [HERE](#)**

Holding Families+ Programme - supporting children and families of alcohol and substance dependent parents who are in prison

**For more information click [HERE](#)**

## — Emotional Health & Wellbeing Services

**Complementary & Integrated Therapies - For more information click [HERE](#)**

**Mindfulness Sessions - For more information click [HERE](#)**

**Bereavement & Loss Counselling - For more information click [HERE](#)**

**Fresh Start Anti Bullying Project - For more information click [HERE](#)**

**Closing the Gap transitional support - For more information click [HERE](#)**

**Getting Help Line (Bury) - For more information click [HERE](#)**



Like all charities, Early Break relies on the goodwill of volunteers and fundraisers to support them. If you would like to help Early Break at events, pre-event organisation, administration, corporate sponsorship, third party fundraising and much more, please get in touch.

If you would like to make a donation to our charity now, which would be both welcomed and valued, please click [HERE](#)

[info@earlybreak.co.uk](mailto:info@earlybreak.co.uk)

T: 0161 723 3880

F: 0161 723 5544

Early Break (Headquarters)

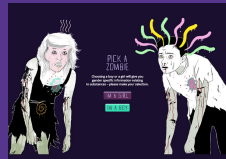
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[earlybreak.co.uk](http://earlybreak.co.uk)



For more information about drugs and alcohol visit our microsite: [dontbeazombie.co.uk](http://dontbeazombie.co.uk)



For more information about understanding emotions visit our microsite: [memotional.co.uk](http://memotional.co.uk)

