

We're here to help

Better Days Bolton is a welcoming place in the heart of Bolton for anyone looking for help with alcohol or other drugs.

We offer friendly advice, one-to-one and group support, workshops, and help with your prescription needs.

Working together with our partner CLI, we listen to what you want and provide peer-led mentoring, as well as practical and emotional support:

- local recovery groups
- ongoing support in the community
- family support



Better Days Bolton is provided in partnership by Waythrough and CLI.

Waythrough specialises in mental health, alcohol, drugs and related areas, our high quality, evidence-based services are designed around the needs of the people and communities we serve.

In partnership with...

**Bolton
Council**

Waythrough

**community
led initiatives**



Get in touch

Find out more about the support we provide and our referral process:

☎ 01204 483 090

✉ info@betterdaysbolton.org.uk

✉ Better Days Bolton, Queen Street, Bolton, BL1 1SX

🌐 www.betterdaysbolton.org.uk

Waythrough is a company registered in England and Wales.

Registered office: Inspiration House, Unit 22, Bowburn North Industrial Estate, Durham DH6 5PF. Registered Company 01820492 | Registered Charity 515755 | CQC registered provider 1-126775024. Social housing registered provider 4713 | VAT 413 2088 32

→ **BETTER
DAYS
START
TODAY** ←

Supporting adults in Bolton needing help with alcohol and drug use

**BETTER
DAYS
BOLTON**

How we can help

We listened to what people in Bolton want for this service and we've developed welcoming, non-clinical, safe spaces where people can take their time to manage the changes they need to make.

As experienced professionals, our team members listen and do not judge, working with you to plan your own journey. This might be fast-track or longer-term active recovery work.



“WE’LL STICK WITH YOU UNTIL YOU’RE READY TO MOVE ON”

Support we provide

The services we offer people coming into treatment include:

- one-to-one support
- structured group therapy work on a range of topics
- support for family members – involving them in recovery when appropriate
- health and wellbeing checks, health screenings, blood testing and vaccinations from our medical team
- support on reducing the harm of drugs and overdose prevention
- substitute medication for certain drugs
- detox within the community/at home or at a rehab centre
- peer mentors for additional support
- specialised support for those with complex needs such as housing, enduring mental health issues or pregnancy

To find out more about the support we provide scan the QR code opposite



Who we can help

- for adults aged 18 and over who live in Bolton area
- anyone needing support with alcohol or drug use
- anyone worried about someone else's drug and/or alcohol use

