

If you are
experiencing
issues with
two or more
of these...



HOMELESSNESS
ADDICTION
RE-OFFENDING
MENTAL HEALTH

...talk to us,
we've been there.

a partnership led by



Talk to the experts: people like you

If you're having **problems in life**, often the best person to talk to is **someone who has been through the same experiences**.

At **Birmingham Changing Futures Together**, our Experts by Experience help to set up and run services for people who are experiencing two or more of the following issues:



- You are **homeless** or at risk of being homeless
- You have issues with **drugs or alcohol**
- You want to break the cycle of **offending**
- You are having problems with your **mental health**.

Our **Inreach/Outreach service** is available through a number of organisations which are part of the **No Wrong Door** network. This means that, no matter which organisation you contact, we will make sure you can get help with your individual problems, which ever they might be.

We are a team of volunteers with lived experience. With the right support, are now moving on with our lives. We are fully trained and are now sharing our skills and experience to help other people find the right support.



“ I’ve been in and out the prison system since the age of 16. I’ve done many years behind the door with life passing me by. But now I’ve changed it all around. ”



“ I was high every day for 20 years. Ready for change? Talk to me or my friends, we can help. ”

Here’s what some of our other Experts by Experience have said...

“ Being entrenched in years of addiction took its toll on my life. Working with Birmingham Changing Futures Together has given me the hope and inspiration in my recovery to progress and help others with complex needs. ”

“ For me it was the gift of desperation. I was sick of being sick and wanted a new way of life. Birmingham Changing Futures is helping me change my life for the better, with training and much more than I expected. ”

“ By engaging with services I was able to make changes to my life. ”

“ Our aim for every citizen in Birmingham is **hope**. I can’t but we can – **together**. ”

See over the page to find out where and when you can talk to the experts.

You can meet one of our volunteers here...



Inreach/Outreach

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