

Welcome to Recovery Near You



Recovery near you

Wolverhampton Substance Misuse Service

We are here to support you

It may seem like recovering from addiction is an unachievable goal. But remember, everyone who has gone through recovery has felt like that. We are here to support you and help you put any problems you may have with drugs and alcohol behind you.

We will support you to manage and/or reduce your drinking or drug use. We won't try to force you to stop completely but we will help you to do this if you decide this is what you want, or if you want to do this at a later stage.

What we can offer you

- expert, friendly advice and support
- one-to-one and group sessions
- help with reducing your drinking or drug use or stopping completely
- support for families and friends
- signposting to other agencies including housing, education and employment support services
- volunteering and mentoring opportunities
- vaccinations and testing for blood-borne viruses including hepatitis C and HIV
- a needle exchange scheme
- medically assisted withdrawal
- substitute prescribing
- support with detox

- information, advice and guidance about:
 - having a healthy lifestyle
 - physical and sexual health
 - housing, budgeting, education, training and employment

Starting treatment

First we will assess your level of use. We will then work together with you to decide which of the following steps to take.

- arrange a care plan
- assign you a key worker who will work with you throughout your time with our service
- arrange one-to-one sessions for you
- refer you to a group session
- support you with using more safely
- develop ways of coping with reducing your use or stopping completely
- support you to identify achievable goals



Other contacts

Wolverhampton 360

Young people and family service offering advice on drugs and alcohol
0300 123 3360

P3 Charity

For those sleeping rough who need help or advice
0800 107 6753

Wolverhampton Service User Involvement Team

A charity staffed by former service users that provides advice and support
01902 328 983

Contact us to find out more.

Call 0300 200 2400

Lines are open 24/7

www.recoverynearyou.org.uk