

HELP ME STOP

DIGITAL DAYHAB PROGRAMME

We believe treatment for individuals with problematic drug and alcohol use should be affordable and available to you wherever you are. As such, we now offer Digital Dayhab, an intensive online drug and alcohol addiction treatment programme that is available during the day or in the evening.

Our Digital Dayhab service provides the same expertise of drug and alcohol addiction treatment as our current Dayhab programme, but delivered from the comfort of your home or office



Treatment is delivered live online by our team of qualified, experienced addiction specialists and includes twice weekly one-to-one sessions and two daily groups/interactive workshops.

All of our therapists are in long-term recovery which means, because they all have their own experiences of addiction, they can relate to clients on a personal and professional level.

THERAPEUTIC APPROACH

We combine a range of therapeutic methods, alongside the 12-Step approach, to deliver effective treatment, not only for alcohol and drug problems but for the underlying issues. We call this combined behavioural intervention, and it includes cognitive behavioural therapy, psychodynamic therapy, humanistic therapy and counselling. This combination has proved extremely effective in dealing with depression, anger, anxiety, self-esteem, relationship and stress and negative thoughts and behaviours. All of which are often the underlying causes of drug and alcohol use.

Please note:

We are an abstinence programme, so clients cannot drink or take any non-prescribed substances while with us.

Drug and Alcohol Testing

As part of the programme all clients are able to undergo remote testing to enhance motivation to remain abstinent.

While the Help Me Stop Dayhab programme is unique to us, our treatment model is fully aligned with the National Institute for Clinical Excellence and the Substance Abuse and Mental Health Services Administration.

THE 12-STEP APPROACH

The 12-Step programme of recovery, pioneered by Alcoholics Anonymous and Narcotics Anonymous, is widely recognised as playing an important role in supporting long-term abstinence. Its success lies in focussing on changing behaviours through the support of other people in the same situation. We recommend that clients attend online fellowship meetings during their treatment with us (outside programme hours) and after completing treatment.



PREVENTING RELAPSE - AFTERCARE

Studies show that aftercare significantly decreases the likelihood of relapse and we cannot emphasise its importance enough. We offer a weekly 90 minute group for those that have completed the core programme, at a cost of £35.00 per person per session, purchased in blocks of 8 sessions.

Aftercare should be seen a continuation of treatment as evidence indicates that the first 60 days after completing a treatment programme is when relapse is most likely.

The purpose of aftercare isn't just about keeping clients from drinking or using drugs, it's about long-term behaviour change. The long standing issues clients present with often alter the functioning of the brain and some of these changes don't instantly reverse once the behaviour ends. Aftercare and relapse prevention is therefore vital for continued recovery.



FAMILY AND FRIENDS PROGRAMME

Alcohol and drug problems affect the whole family. That's why we offer weekly groups at £35.00 per person per session, purchased in blocks of 8 sessions. We understand that good family engagement will increase a clients and their loved ones chances of long term abstinence, however we also know that family members need their own space to express the challenges they have faced and the opportunity to share this with others in the same situation. Equally important it is a space for families to understand the nature of addiction and receive therapy themselves in order that healthy and productive relationships with their loved ones can blossom.



If you have a problem with alcohol or drugs, or know someone who does, please get in touch for confidential advice.

