

**Rehab is a course of treatment for drug or alcohol dependency or other addictive behaviour, typically at a residential facility.**

**Rehabs are abstinence based and provide an intensive programme of support and care for people who have difficulty becoming drug or alcohol free.**

**Many treatment centres will have detox facilities to ensure you become abstinent in safe, comfortable and medically supervised environment.**

## PRIVATE REHAB

Private rehab is widely accepted as the most effective way to treat an addiction. Although rehab programmes vary considerably, they generally offer intensive residential support that promotes the following benefits:

- i. An opportunity to deal with not only the physical but also the psychological aspects of addiction – which helps you ultimately get to a place where you are no longer physically or emotionally dependent on substances or behaviours.
- ii. Residential programmes which remove outside stimuli, triggers, associations and distractions –allowing you to press the pause button and take the time you need to get well without the pressures of everyday life from your home / work environment.
- iii. An individual treatment plan tailored to your needs and wants.
- iv. Opportunity to acquire the skills to adjust to a clean and sober life – enabling you to build a solid foundation for recovery and prepare you for a life without addiction.
- v. On going support via aftercare packages – meaning you can access support once your residential stay has come to an end.
- vi. A community of people in recovery meaning you are no longer alone and you're with like minded people who understand addiction.
- vii. Family support is available at many rehabs in order that family members can understand addiction and support their loved one.
- viii. Superior levels of comfort, care and accommodation.
- ix. Licensed, expert clinical and therapy teams who specialise in addiction.
- x. More or less immediate access.

## HOW TO CHOOSE

Choosing a treatment plan and deciding which rehab is best for you can be a difficult and complicated process, often at a stressful and confusing time. It's important that you have a good understanding of what's available and can make a confident, informed choice about what will maximise your chances of long term recovery and freedom from active addiction.

If you are researching rehab, we recommend you consider:

**How long you can commit to treatment for**

**Whether you are prepared to travel for rehab**

**What standard of accommodation you require**

**What treatment approach you feel you would be most comfortable with**

**Whether you require medical or psychiatric support whilst in treatment**

**How you will finance your treatment**

**What budget you have available**

Talking through your needs and wants with an expert who understands all the options available can make the process of choosing a rehab much easier and less daunting.

**Call our independent rehab experts on 0800 002 9010**