

CONFIDENTIALITY

We will always ask you what we can do with any information we have about you. The only time we would break this confidentiality would be if we were worried about your or someone else's safety. We would always try and talk to you about this before it happens.

CONSENT

We never want you to feel under pressure at our services. We will always make sure that we have your consent before we give you any medical treatment or support packages. We'll chat with you to make sure that you have all the information and time you need to make any decisions about your care.

REGISTRATION AND REFERRALS

If you would like to speak to someone about your alcohol or drug use you can contact us directly by phone, email, or by dropping in yourself. Doctors, family members, carer and friends, or any other agency, can refer someone into the service.

➤ Where to find us:

RESET Treatment Service

183 Whitechapel Road, London, E1 1DN

RESET Treatment Service

71 Johnson Street, London, E1 0AQ

RESET Recovery Support Service

The Alma, 41 Spelman Street, London, E1 5LQ

➤ Opening hours

Monday to Friday: 9:00am-5:00pm

Late opening: Thursday 9:00am-8:00pm

➤ Get in touch

T: **0203 889 9510**

E: reset.towerhamlets@cgl.org.uk

W: www.changegrowlive.org

Twitter: [@RESETRecovery](https://twitter.com/RESETRecovery)

Facebook: [RESETTowerHamlets](https://www.facebook.com/RESETTowerHamlets)



RESET TREATMENT AND RECOVERY SUPPORT SERVICE

Free and confidential support for anyone affected by drugs or alcohol in Tower Hamlets.



Provided by



**Change
Grow
Live**

T: **0203 889 9510**

E: reset.towerhamlets@cgl.org.uk

➤ **WELCOME TO RESET TREATMENT AND RECOVERY SUPPORT SERVICE**

If you're struggling with drugs or alcohol, we're here to help.

Our drug and alcohol service can support you through your journey to recovery. We also offer guidance on reducing the harmful effects of drugs and alcohol and living a safer, healthier life.

We provide access to medication to help ease you off drugs (including alcohol), and community and residential detox.

You'll learn new ways to deal with cravings and how to change your thinking and behaviour to support your recovery. In addition to opiates and alcohol, we also give advice on problems with stimulants (including crack), chemsex, new psychoactive substances, benzos, and cannabis. We can help you reduce your risk of harm or support you to give up completely.

We're open to anyone experiencing difficulties with drugs or alcohol, including anyone affected by a family member or significant other's drug or alcohol use. Our services are free and confidential and we offer group programmes as well as one-on-one support.

"I HAVE DONE TREATMENT AND REHAB BEFORE, BUT THIS WAS DIFFERENT. ATTENDING THE GROUP GAVE ME THE TOOLS AND BELIEF THAT HELPED ME CHANGE." RESET service user

WE CAN HELP YOU WITH:

- **Free, confidential support, advice and information**
- **Support with physical health, (including sexual health) and mental wellbeing**
- **Community detox and residential support options**
- **A personalised recovery plan**
- **Counselling**
- **SMART Recovery groups, tools such as Breaking Free Online and access to mutual aid**
- **Medication to help with your recovery**
- **Free breakfast and lunch clubs and creative groups including music, drama and acupuncture**
- **Group programmes as well as one-on-one support**
- **Housing, finance and debt advice**
- **Education, training and employment advice**
- **Support for families and significant others**
- **Opportunities for volunteering and peer mentor training**

➤ **WHAT WE OFFER**

Any resident of Tower Hamlets is welcome to access our services either through a professional such as your doctor, or by getting in touch yourself.

We'll work with you to create a personal recovery plan, helping you set and achieve positive goals.

Our friendly and diverse professional team will help you find the tools you need to meet your goals, as well as any extra support you need along the way. This could be anything from help with education, training and employment, to advice on housing, finance, debt, or legal issues.

➤ **ABOUT CHANGE GROW LIVE**

At Change Grow Live, above all else we believe in people. It's the one thing that acts as a foundation for all our work. If you use our services: we understand what you're going through. We won't judge. We believe you can make positive changes in your life.

Our mission is to help people change the direction of their lives, grow as individuals, and live life to its full potential.

Our values work together, as principles that guide the way we act and the choices we make: Be open, be compassionate, be bold.