

Southwark Substance Misuse Rehab Team





The team can

- support you if you have alcohol or drug problems



- help you to stop you taking drugs and alcohol for a long time.



Who we support

The team can support Southwark residents aged over 18 years old who:



- qualify for support under the Care Act ([see our page can we help with your care and support needs](#))



- are giving up drugs or alcohol



- already working with local drug and alcohol services.



Support programme

If you qualify for support, you can:



start a 12-week rehab programme at a treatment centre or at home.



- see a counsellor

You can talk to a **counsellor** about your problems and difficult feelings in a safe place.



- get information about help you can get from support groups



we can also provide information, advice and support for your family and carer.



We will meet you every 3 months to find out how your care and support needs have changed.



As you get better, we will help you to use local services such as:



supported housing – housing with staff such as key workers or wardens that provide support



- **support to get a job**, go on training or learn new skills



- **peer mentoring** - support from someone who has also lived through drug or alcohol problems.



- **psychotherapy** – talking to a trained person about your problems and worries



The team aim to make you as independent as possible.



And give up drugs and alcohol for a long time.



If you start taking drugs or alcohol again we will suggest other support that could help.



Get in touch

Change Grow Live is a free drug and alcohol service.



For more information go to the [Change Grow Live](#) website.



Call **020 8629 2348**



Write to:
Change Grow Live
146 Camberwell Road
London SE5 0EE



Email: CGL.southwark@cgl.org.uk