Free drug and alcohol counselling

Who we are

Rehabit provides free addiction-focused counselling and lived experience peer support for those who are struggling with drugs or alcohol who have no or limited funds, and don't need a medical detox.

We are a small, agile and personal charity offering a free, non-judgemental, and swift intervention service, rooted in lived experience and a commitment to abstinence.

We complement the work of larger drug and alcohol services by helping those who are stuck in the mental health system or in danger of falling through the gaps in it.

We believe those who will benefit from our services are people who need extra time, tolerance, patience and care to get the help they so desperately need.

Sometimes it the simple things that make a difference:

- We are embedded in the community and respected by partners
- We specialise in clients others often can't help (with caveat we don't do detox)
- We go to where our clients are
- We respond immediately
- We don't have a waiting list
- We are flexible and understanding about meeting times
- We give people more than one chance and don't give up on those who've tried before

Our free services in the community

We work with statutory-funded bodies and the voluntary and community sector to help their service users with addiction and substance abuse problems and provide free counselling. Most of our referrals comes from frontline practitioners or partners. We also take referrals directly from people within the community.

The first person a client speaks with in Rehabit will have personal lived experience of recovery from addiction.

A professional can refer a client or anyone can make a self-referral at www.rehabit.uk/referral-form

We will contact potential clients within three days of receipt of the referral but usually on the same day. We can't guarantee that we can provide counselling to everyone and through our triage process we will identify those in most need and who we can help.

Clients with a history of heavy daily drinking and opiate-based drug use might need detox before we can begin working with them. In such cases, we will guide them to borough drug and alcohol services. We can make exceptions if a client is on a reduced dose of self-medicating prescription drugs and has taken advice from GP, medical professional or qualified support worker.

Everyone who contacts us will be given guidance on what other services are available and offered a peer support session or conversation.

Counselling can be one-hour a week, ideally face-to-face but also video where appropriate, for up to 18 sessions depending on the needs of the client. All counsellors are BACP-recognised or members, have supervision in place, and are trained in integrative, psychodynamic, CBT or psychophonetic techniques.

Where we are

Our registered address is Voluntary Action Islington, 200a Pentonville Road, Islington but we arrange for counselling at affordable therapy rooms that are convenient to the client and counsellor. Our primary catchment is Islington but we also work with clients in Camden, Haringey, Barnet and Enfield.

Community presence and talks

We are creating more of a presence at community drop-ins and events. We attend borough-wide community events, and have a regular presence at the Islington Access Hubs on Upper Street.

The aim is to identify and guide potential clients to our peer support and counselling service counselling if they fit our niche and don't need a detox. This is very much about awareness and guiding those in need to our service and not providing specific on-the-spot advice on addiction and recovery.

We also run 'busting the myths of addiction' sessions for fellow professionals or communities. These can be tailored to a specific group or be used for a larger, generic audience. They include awareness, education, recovery tools, practical advice and personal stories – or they can be lower key, where we join a group just to talk, share our experience, and make connections. To find out more, contact Sean.

Contacts

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