

## Contact Details

**Online:** [www.turning-point.co.uk](http://www.turning-point.co.uk)

**Phone:** 0207 481 7601

**Email:** [info@turning-point.co.uk](mailto:info@turning-point.co.uk)

**Twitter:** @TurningPointUK



## Our Suffolk Hubs

### Ipswich

Sanderson House  
17-19 Museum Street  
Ipswich  
Suffolk  
IP1 1HE

### Lowestoft

Woodbury House  
Mill Road  
Lowestoft  
NR33 0PP

### Bury St Edmunds

2 Looms Lane  
Bury St Edmunds  
IP33 1HE



# Treatment Options

at Turning Point

**TO MAKE A REFERRAL:**

**Phone:** 0300 123 0872

**Online:** [www.wellbeing.turning-point.co.uk/suffolk](http://www.wellbeing.turning-point.co.uk/suffolk)

# Your Treatment

**This leaflet sets out the group support we offer alongside our clinical services. Have a look and see what would be the most suitable. A worker will be available to discuss these options with you.**

## Reclaim

Reclaim is designed to support people who are using a range of substances, other than heroin or crack cocaine and are considering making changes in their use. It can help you develop skills and commitment to making positive changes to your use. The programme is made up of an initial 1-1 session followed by six weekly workshop sessions.

## Introduction to change

This programme is aimed those who are using drugs and may not have accessed treatment services or groups in the past, or maybe unsure of the changes they want to make regarding their drug use. The sessions focus upon motivation and behaviour change to encourage you to make positive steps toward recovery.

This programme contains four weekly workshop sessions.

## Alcohol and wellbeing

This programme is designed to help you understand more about alcohol and its effects. It helps you to explore your drinking patterns and offers support and advice for cutting down or stopping altogether.

We offer two alcohol groups, your suitability for either will depend upon how much you are drinking. Both groups consist of seven to eight weekly workshop sessions.

## Recovery Skills

This programme is based on Acceptance and Commitment Therapy (ACT) and looks in more detail at the change process. It can help you develop coping strategies and support networks, to enable you to move forward with your recovery. ACT can also be an effective support for anxiety and low mood. This programme consists of twelve weekly workshop sessions.

## Mindfulness-based relapse prevention

Mindfulness is about learning to live in the present, rather than in the past or an imagined future. Being mindful can increase awareness of your emotions and can support you to manage cravings, which can make slips and lapses less likely. This programme can teach you how mindfulness can be applied to your goals for treatment and your ongoing recovery. It is delivered in eight weekly workshop sessions.

## My Turning Point - Digital Interventions (coming soon)

Turning Point has developed a service called My Turning Point. This is a menu of on-line treatment options that you can access from a computer, tablet or smartphone, each consisting of six sessions.

There are three programmes or 'modules'; 'Understanding Your Drinking', 'Reclaim' and 'Mindfulness Based Relapse Prevention'. You can access the modules yourself and work at a pace that suits you. Alternatively you may prefer to receive support from a worker to get more out of the sessions.

## Rehab workshop

This programme supports you with the application process for residential rehabilitation. It will involve practical preparation and personal reflection, to help you decide why residential treatment is the best way forward for your recovery.

It is possible that community treatment will have been attempted in the past and found to be an ineffective route to recovery for you. This group consists of four weekly workshop sessions.