

Inclusion Recovery Hampshire

Restore, Recover, Reimagine

If you work with individuals who use our service or are planning on referring to us for support for their alcohol or drug use please see the key points in this bulletin detailing what you need to know.

How to contact us

Contact the hub on **0300 124 0103** and select the option for the hub you want
You can also make a referral online through www.inclusionhants.org

Services available

- From July we have started to provide **face-to-face appointments** to individuals who maybe categorised as high risk (this includes clients who may not have prescribed medication too). These are currently appointment-only and we will be increasing the number of appointments available as the weeks progress.
- We have started to introduce more **service-based interventions** which includes the re-introduction of BBV testing and hepatitis B vaccinations which are being offered during pre-arranged face-to-face appointments.
- **Needle exchange ordering line** (orders placed over the phone, harm minimisation and overdose prevention advice provided) collected by service user at pre-booked time date and time or delivered to them if they are unable to come to the service.
- **Structured and unstructured one-to-one support** by telephone, or our private and secure online platform *One Consultation*.
- A range of **online groups** for anyone wanting support (this includes structured and unstructured group work as well as peer support sessions).
- **Counselling** using our secure online platforms.
- Wider offer of CBT (cognitive behavioural therapy) based programmes such as **Breaking Free Online** and **Silvercloud**. These are structured online modules completed on an individual basis.
- **Intuitive Recovery Intuitive Recovery**, this is an accredited educational programme that promotes abstinence and provides skills and tools to recognise and control addictive desires. This is available via online platforms.
- **Support for families**, loved ones or carers or anyone affected by someone else's use.
- **Multi-professional online reviews** enabling us to risk assess and joint care plan to ensure we support individuals fully.