

DETOX AT HOME - THE PATH TO RECOVERY

Addiction to alcohol or substance (opiates only) abuse

1 RECOGNISE THE ADDICTION PROBLEM

1st step on the path to recovery

HOW YOU'LL FEEL...



Frightened and overwhelmed

Ready to make a change

Willing to seek help

The detox nurse will administer the detox prescription and support you at home day and night over a period of about a week

The detox nurse will accompany you to a GP appointment for the appropriate detox prescription

We'll transfer you to Archangel for a telephone assessment with a detox nurse

2 TAKE ACTION - REFER YOURSELF AND CALL YOUR CIGNA HELPLINE*

2nd step on the path to recovery

2



3 RECOVERY AND RELAPSE PREVENTION

3rd step on the path to recovery

Archangel will transfer you to CBT Services for recovery coaching

You'll receive individually tailored face to face sessions of cognitive behavioural therapy

We'll call you to provide additional support and advice

YOUR THERAPY SESSIONS WILL HELP YOU...

Develop more positive thought patterns

Enhance your self esteem

Resist peer pressure



Archangel will be available by telephone for support and advice - for you and your family - until you feel you no longer need this

4 IN FULL RECOVERY

4th step on the path to recovery

4

Together, all the way.™



*Please remember to check your plan details to make sure you are eligible for this cover and to see if any limits apply. You should always contact us to check your cover before going ahead with any treatment.

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