



2-3 Ellenborough Park Rd
Weston-super-Mare
North Somerset
BS23 1XJ

www.westerncounselling.com
enquiries@westerncounselling.com



If you would like more information please call
0800 849 9257 or from a mobile 0330 300 1057



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Addiction occurs when you surrender to a substance or behaviour. Addicts experience shame, guilt, low self-esteem, anxiety, criminality, denial, grief, loss, anger - but often this is not enough to make them change.

The reasons many addicts contemplate change are practical and immediate; their addiction is threatening serious consequences such as losing their job, spouse, driving licence, house, they risk imprisonment or debt. This may be enough to bring an addict to seek help but is rarely enough to keep them away from their addiction.

To recover and stay in recovery you will need an internal motivation for change. Western Counselling is here to help you identify your internal motivation and work through a treatment programme that can bring long-term recovery.

"Your life can be what you've always dreamed, providing you make that first step to help yourself."



About Western Counselling

Located in the seaside town of Weston-super-Mare, Somerset, Western Counselling is a residential treatment centre that provides Detoxification, Phase One and Two treatment programmes for those suffering from addiction issues and free Aftercare for former clients in recovery.

For more than 30 years, thousands of male and female clients and their families have chosen Western Counselling for its structure and proven outcomes.

We recognise that alcohol abuse, drug use, gambling, co-dependency, eating disorders and associated addictions and behaviours are diseases that need treatment.

Our centre is a haven of safety that offers addicted individuals a non-judgemental and supportive environment. Treatment is based on a 12 Step abstinence programme. It is a programme with boundaries, which is challenging and structured. It also gives you the best possible chance of long-term recovery.

Whether you are seeking addiction treatment yourself or for a family member, rehabilitation is provided in a safe, secure, supportive environment. Every stage of recovery is focused on the individual and personal needs are met with a tailored treatment programme.

Treatment

We treat private and statutory funded clients and have a diverse client group from all over the World. No distinction is made between addictions, histories or background.

Everyone undertakes an assessment prior to admission when we explore your social history, addiction, medical, psychiatric and forensic history. Following assessment we create a personal admission care plan tailored to your individual needs (this may include a detoxification programme).

The plan is abstinence based and the use of non-prescribed medication, illicit substances or alcohol is strictly forbidden and will result in discharge. Clients are expected to meet the challenge of a structured 12 Step philosophy and keep within agreed boundaries. An emphasis on personal integrity and honesty, gives every client the foundations for long-term recovery from addiction.

Each client has an individual named Counsellor who will assist their progress through the treatment programme and assist with reintegration and resettlement plans.

Life skills are explored and a range of workshops have been developed to assist with relapse prevention including Money Management, Diet and Nutrition and Creativity.



"I arrived there with no hope and left there with hope"

The Centre

Meijer House is a short walk from the Centre of Weston-super-Mare town and train station.

We have three single occupancy bedrooms and five twin rooms. All rooms have their own wash basins and four of these are en suite.

Communal areas within the house consist of a spacious lounge for our clients to relax in with Sky Sports, BT Sports and Sky Cinema available for their enjoyment. two dining rooms and a group room. Outside there is a garden with a designated smoking area.

There is a fully equipped laundry room with washing machine tumble dryer and ironing equipment.



Our extremely knowledgeable staff deliver a medically monitored safe detoxification and medicines management programme for each client in our care.

We are regulated by CQC and our services have also been highly ranked through our excellent recovery outcomes, recommendations from Care Managers and testimonies from previous clients.

Our support workers are there to help the residents create their menu plans for the week ensuring nutritional needs are met whilst also catering for any cultural needs. They also assist the clients in undertaking therapeutic duties that include laundry, household chores and gardening.

We believe that Holistic therapies play an important role in helping recovery. We offer Reiki, Yoga, Art Therapy and Mindfulness.

"I now have a life I never thought possible"

Sustaining Recovery

During Phase Two of the treatment programme, clients are encouraged to take part in training and voluntary work. Emphasis is placed on sustaining recovery and ensuring that options for skills based learning are developed as necessary.

There are opportunities to work in a seaside café learning barista and customer care skills, preparing and delivering a weekly meal to vulnerable people in the town, attending a skills based programme to learn IT, cooking, art and design, photography, gardening, literacy etc.

Aftercare is available free of charge every week to all former clients of Western Counselling who are drug and alcohol free and abstinent from their addictive behaviours.

Family Programme

Working with and supporting families is central to our role as a treatment provider. Through advice and education we help the family understand their role in addiction and recovery.

For the addict/alcoholic it is important to maintain contact and rebuild relationships with partners, spouses and family members throughout treatment. It helps to know that his/her family is actively involved in the recovery process and is being supported.

Outpatient Counselling

Outpatient counselling is open to anyone with addiction issues - addicts and alcoholics themselves or someone living with the addictive behaviours of a friend or relative.

Resettlement

We work in partnership with Genesis Recovery Housing to assist the smooth transition to the community. Genesis Recovery Housing is a quality housing provider that also works in partnership with Western Counselling to deliver ongoing support and a sober environment in Weston-Super-Mare, for those leaving treatment.



For further information on the type of counselling we offer visit our website or if you would like to talk to someone call us on 0800 849 9257 or from a mobile 0330 300 1057.