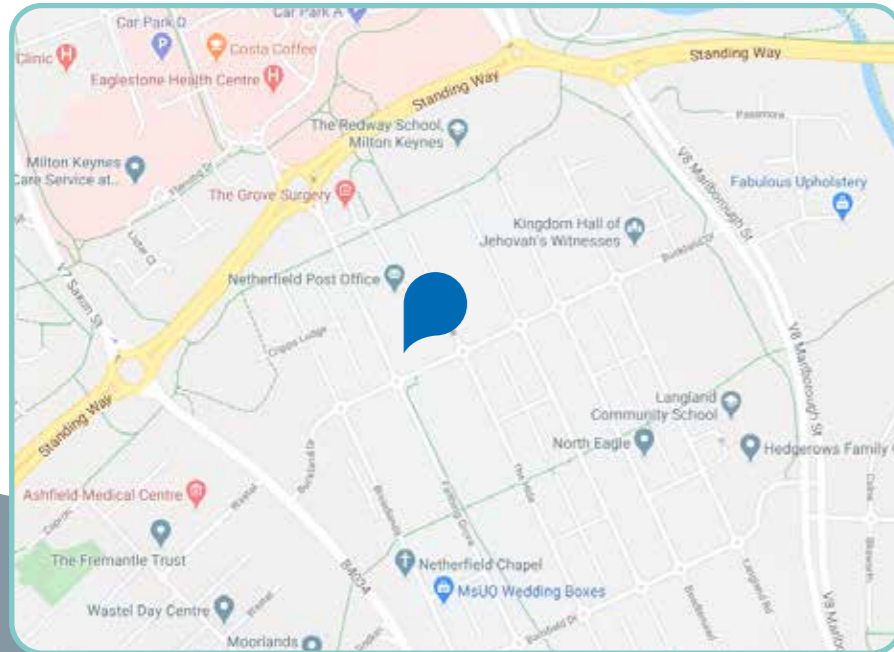


Find out more

To find out more information and access our service contact us directly or ask your GP or healthcare professional to refer you.



Opening times:

Our main service hours are 9am to 5pm.
We are open later on some evenings of the week.
Please contact the service for more information.

Is your alcohol, gambling
or drug use affecting your
...job?
...relationships?
...health?
We can help.

Addiction Recovery Community (ARC) Milton
Keynes, 33-37 Farthing Grove, Netherfield,
Milton Keynes MK6 4JH

Tel: 01908 250730

Email: cnwl.arc-mk@nhs.net

www.cnwl.nhs.uk

In partnership with
**we are
withyou**

Support every step of the way

ARC Milton Keynes offers a range of treatments for adults and young people who are resident in Milton Keynes or have a GP in Milton Keynes. We work with individuals at any stage of their problem. We provide a single point of access to assessment and treatment, for drugs, alcohol or gambling addictions.



Our service includes:

- Assessment and individual personal recovery plans.
- Advice and information on reducing harm.
- Needle exchange.
- Specialist psychosocial interventions.
- Specialist pharmacological treatments for help with drug and alcohol problems (to manage withdraw cravings etc).
- Specialist detoxification programmes.
- One-to-one and group therapies aimed at understanding your problem, coming up with ways to deal with cravings and avoid repeating past mistakes.
- Support from those that have previously had problems with alcohol or drugs and who have successfully overcome them.
- Group activities and social networks, including men and women's groups, relapse prevention and building life skills.
- Joint working with employment agencies, training providers and housing associations to help you get back on track.
- Evening and weekend social drop-in and activities with the opportunity to volunteer and build new social networks to help your recovery.
- Help with your problems with gambling through our Problem Gambling Clinic

Many people turn to drink, drugs or gambling as a way of dealing with negative feelings, such as depression, stress, trauma or anxiety. We recognise the importance of providing treatment for both the problem of addictions, as well as any associated emotional / mental health issues.

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish