

At the Thames Clinic we understand how difficult it is when you or someone you care for, is in need of help when they have become dependent on alcohol or drugs. We also understand how frightening it is when addiction has become more important than anything else in life – more than relationships, children, jobs, money, values and morals, the person concerned breaks promises and will say or do anything in order to keep their addiction safe, as much as you try to hide bottles or other substances, the true addict/alcoholic will never really run out – they will lie, cheat, scheme and steal to get what they need to feed their addiction.

You may be reading this and thinking that things aren't that bad, you may drink a bit too much but you would never go that far, but think about how many times you are late for work, miss family events and let people down or are simply too unwell to actively participate in everyday life – how bad does it have to get before you do something about it? How much more does your family have to put up with? Just remember that a full blown addiction never starts out as more than 'just one', but, over time you have a couple more and before you know it, you can't function without your drug of choice – addiction is a progressive condition and it takes hostages.

So what do you need to know about us – we are a privately owned clinic based in the heart of Kingston upon Thames, unlike many detox facilities we only take 6 clients at any one time so you are assured individual attention and a programme tailored to your needs. We offer 24 hour nursing care and support from counsellors, care workers and a dedicated Housekeeper to make you feel comfortable in a safe and comfortable environment.

When you are well enough we offer group support and 1:1 sessions to help you come to terms with your situation and identify the next stage of help that is available, should you choose to continue with your recovery.

In addition to working with clients who require a medically supervised detox, we also accept clients who are suffering from the effects of depression, anxiety and panic attacks and those who are in need of a supportive environment to help them cope with life changes that are proving too much to deal with at home.

In my role as Manager of the Thames Clinic I bring a great deal of professionalism and experience of working in residential rehabs around the country; helping clients to recover from addictions and addictive behaviours that have destroyed their lives and relationships. I hope that this regular column can help to answer some questions and banish some of the fears and myths surrounding medically supervised detox as a first stage in the treatment of addictions in addition to some specific topics of information about addictions and how they affect individuals.

Wendy Powell
Manager

For more information on who we are and what we do, please visit our website or call the number below.