

# Recovery is possible.

**We've helped well over a thousand people through residential rehabilitation in the past 35 years.**

We provide a safe place to step away from all your problems. You'll join a community free from drugs or alcohol and we'll work with your community health professionals if you need to detox.

You will get great support from an experienced and caring staff team, from recovery champions who know what you are going through and from peers who want you to succeed.

**"You alone can decide to do it, but you can't do it alone"**

Over your 12 week programme you'll work with your keyworker to understand why you used alcohol or drugs and build a Recovery Plan to put you back in control again.

Your health is really important. We will help you get well; enjoy your food, sleep better and get any specialist help or medication required. We promote healthy exercise and offer a range of activities at a level that suits you.

We believe you can build a future free from the things that held you back. We'll help you find what you are good at and show you how to use all the things you have learned to enjoy your recovery. Take your first step and contact us today.

**Call 0141 950 1772**

**CROSSREACH**  
Care you can put your faith in

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## About us

CrossReach has been at the forefront of high quality social care for 150 years. During that time we have worked hard to understand the experiences of people so our pioneering services have changed thousands of lives for the better. We involve people in their support to ensure it is personal to them. We offer support to people of all ages, enabling them to live life to the full whatever their circumstances.

Today we are one of the largest care providers in Scotland. We are still growing, learning and improving, thanks to the incredible people we have the privilege to support, and all those who support us.

## CrossReach Abstinence Recovery Service

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The Church of Scotland  
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

# Residential Recovery Service



Had enough of alcohol and drugs and the problems they bring?

CrossReach will support you to get what you want out of life. Build self-esteem and regain control. Improve your physical and mental health, Rebuild Relationships, Reconnect with community, Gain Hope and Purpose in a life that you choose.

**Every day at our Glasgow based Abstinence service we see people achieving these goals:**

- learning to live without alcohol or drugs
- feeling healthy again: being active, sleeping well, enjoying meals
- building a new circle of friends
- repairing relationships with family members
- becoming a better parent
- trying new activities and finding things that they are good at
- helping other people
- Improved self esteem and finding meaning in life

"Instead of being ashamed of what I've been through, I am proud of what I have overcome."

"CrossReach has not only changed my life but changed my family's life also. It has given me the knowledge to understand myself better and be happy in my recovery."

"Drink and Drugs had control of me but with the support, help and direction of CrossReach I am now in control of my life."

"CrossReach helped me get my life back, my children and my family. I am grateful for my time there which will always have a place close to my heart."

