

# CLIENT TESTIMONIALS

"Before I came to the Hub, I was nervous. I was afraid. The reception staff were lovely. The Recovery Worker on the day said that I shouldn't beat myself up and I need to let go. I felt a lot more confident straight away. I came here to talk about alcohol, but it changed my life."

"Staff were supportive, non-judgemental. Nobody told me how to think/be. I was allowed to process the feelings on my own. I was asked, how are you feeling? What do you want to do, how can we help?"

"When I first arrived it was a desperate state. When I arrived I was welcomed, all the anxiety went after a few minutes. I felt very safe. I was given my own individual support worker who has been amazing."

"It's the helping hand you need....and they don't want anything in return."



See what others have to say:  
[www.portsmouthrecovery.org](http://www.portsmouthrecovery.org)

# CONTACT US



## Drop-in to the Recovery Hub

Monday	9am - 5pm
Tuesday	9am - 8pm
Wednesday	9am - 5pm
Thursday	9am - 8pm
Friday	9am - 4.30pm

We're also available on Saturdays on the third floor of the Central Library  
10am - 2pm



## The Recovery Hub

Campion Place  
44-46 Elm Grove  
Portsmouth  
PO5 1JG  
[recovery.hub@ssj.org.uk](mailto:recovery.hub@ssj.org.uk)



## Phone

**023 9229 4573**

Monday	9am - 5pm
Tuesday	9am - 8pm
Wednesday	9am - 5pm
Thursday	9am - 8pm
Friday	9am - 4.30pm
Saturday	10am - 2pm

Fill out an online referral today and tell us how to help you to make your life better!

Head Office: The Society of St James  
125 Albert Road South, Southampton, SO14 3FR  
A Company limited by guarantee and registered in England No. 03009700.  
Housing Association No. LH4337. Registered Charity No. 1043664.  
Phone: 023 8063 4596

the society of  
**st James**  
believing in your future



# PORTSMOUTH SUBSTANCE MISUSE SERVICES

*"Help me make my life Better"*

Local charity Society of St James and Inclusion (part of Midlands Partnership NHS Foundation Trust) are here to help you make your life better by guiding you through a drug and alcohol recovery journey.

[www.portsmouthrecovery.org](http://www.portsmouthrecovery.org)

**NHS**  
**inclusion**



The Portsmouth Recovery Hub is a one-stop confidential adult drug and alcohol treatment service available to anyone who lives in Portsmouth concerned about their own or a loved one's drug and/or alcohol use.

We have decades of experience and skill and are ready to help you as soon as you are ready yourself. We understand that sometimes the first step can feel the hardest.

Find out more, access online advice and resources, fill out an online referral and watch videos about our service and hear from our clients on our dedicated website: [www.portsmouthrecovery.org](http://www.portsmouthrecovery.org).

**Carers & Loved Ones Helpline**  
**023 8039 9764**

# THE RECOVERY HUB

Your journey may start at The Recovery Hub where we will offer you a confidential space to listen to how we can help you make your life better, with opportunities to discuss keeping yourself safe, social activities, community rehab, prescribing some specialist medications and much more.

You will get to chat with a Recovery Worker on the day you drop-in and there is no need to be referred by your GP.

The first step couldn't be simpler. At The Recovery Hub we believe that one size does not fit all and our highly trained staff will support you to build your own personal recovery plan where we can create interventions individual to your own needs.

If you prefer we can arrange to meet with you in a location that you feel comfortable. Please call 023 9229 4573 to discuss meeting in other locations and timings.



# HOW WE HELP

## Support you to make changes

Throughout your journey you will be offered a variety of opportunities to improve your health, wellbeing, social interaction and self-esteem. Where appropriate, we can offer support for your family or carer alongside your own.

## Education, Training, Employment, Volunteering and Activities

When you feel it is the right time, we will support you to find activities that you enjoy through our Re-Fit sports and activity recovery programme and help you to prepare and find training, volunteering and employment opportunities.

## Peer Support

We work in partnership with organisations, including those that focus on lived experience, that will support you and your whole family and/or carers through your recovery journey if it will be helpful for you.

## Recovery Housing

We can help if you are homeless too by working with the council to house you in one of our dedicated drug and alcohol recovery hostels and support you through our specialist team. We offer a range of properties, shared homes and hostels for people at all stages of recovery and change, including abstinence housing options.

