

Who we are

Better Lives is an **integrated drug and alcohol service** provided by Camden and Islington NHS Foundation Trust in partnership with WDP and Blenheim.


We offer a **free and confidential** support service for **individuals** and their **families** affected by drug and alcohol problems.

The **specialist team** includes substance misuse practitioners, doctors, nurses, social workers, psychologists and pharmacists, as well as complementary therapists, volunteers and peer mentors.

Together we offer a **high quality** and **professional service** that supports individuals and their families who wish to receive advice, assessment and treatment for their drug and/or alcohol problems.

For further information regarding **opening hours** and **group times** please contact the service or visit: www.candi.nhs.uk/betterlives

Contact details:

 020 3317 6650

 cim-tr.betterlives@nhs.net



Better Lives

ISLINGTON'S DRUG & ALCOHOL SERVICE



How to access our service

Better Lives is a [free service](#) and is open to all [Islington residents](#) aged 18 or over, as well as their [families](#) and [carers](#).

You can [refer yourself](#) by attending our open access drop-in sessions or contacting us by phone or email.

You will be able to [talk to one of our team](#) who will help you decide which service best meets your needs. Our team will then work with you to [create a care plan](#) which will be reviewed regularly.

Alternatively, any professional, such as a housing support worker, social worker or nurse, can make the [referral on your behalf](#).

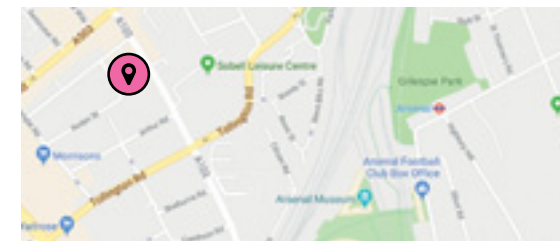


What we offer

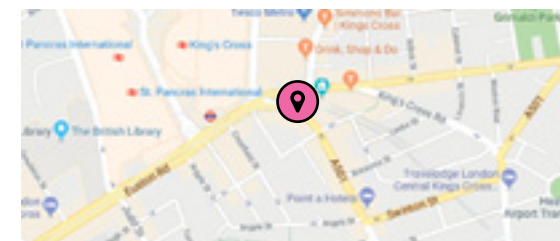
- One-to-one key working
- Group work and day programme
- BBV testing and treatment
- Treatment in GP surgeries
- Assessment and access to residential detoxification and rehabilitation
- Debt and housing advice
- Family and carers' support and advice
- Specialist women's groups and support
- Psychological therapy, counselling and group work
- Self-help and mutual aid groups
- A health and wellbeing service for people who use substances at lower levels, including alcohol, club drugs, cannabis and cocaine
- Reintegration and Aftercare - education, training and employment (ETE) support, including skills coaching

Where we are

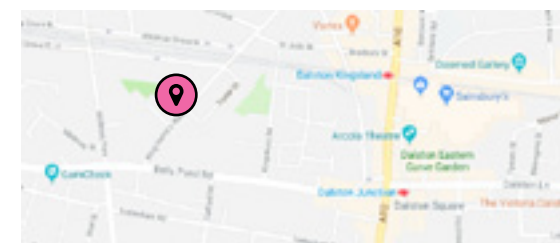
Better Lives runs from [three locations](#):



99-101 Seven Sisters Road, N7 7QP



309 Gray's Inn Road, WC1X 8QS



28b King Henry's Walk, N1 4NX

Our services are also available from a number of [satellite locations](#) across Islington, so support is accessible no matter where in the borough you live. [For more information](#), please contact the service.