



Social

Dealing with social withdrawal

Helping you learn the value of connection and community through group sessions and support groups, giving you a framework on how and where to seek support, build meaningful connections, and gain confidence in engaging with others.

If you're receiving group therapy, we ensure that our groups are small and personalised, ensuring everyone has the opportunity to contribute to the discussion and process.

If you're receiving inpatient treatment, we support social connection through shared activities, community meetings and opportunities to engage in clinical governance, helping you reconnect with others in a safe, supported setting.

For addiction patients continuing their recovery through aftercare, our group sessions provide a supportive community where you can share experiences, stay connected, and build strength together.

As part of many of our addiction treatment programmes, we help you access fellowship meetings on or off-site and connect you with wider recovery networks across the UK.

Many of our addiction services offer aftercare social events, such as annual BBQs, providing opportunities to reconnect, share progress and continue supporting one another in recovery.

Advice and support to help you reconnect socially in your daily life, guiding you to find environments that feel right for you and encouraging connections in ways that work best for you.

We support you to understand where you draw your energy from and what connections feel most fulfilling, building self-awareness and safely exploring different ways of connecting with others.

You'll be supported to build confidence through graded social exposure, practising everyday situations at a manageable pace and developing new skills by stepping outside your comfort zone.

Exploring challenges such as isolation and loneliness, helping you understand their impact on your wellbeing and supporting you to reconnect in ways that feel safe and manageable for you.

We help you recognise how social withdrawal can sometimes become an unhelpful coping strategy in response to difficult situations. Through education and support, we guide you to develop healthier ways of connecting with others and building positive, meaningful relationships.

Helping you reflect on and reshape your own 'rules for living', so you can move away from unhelpful patterns, build healthier social habits, and feel more confident in daily life.

We support you to explore patterns such as people-pleasing, perfectionism and personal 'rules' that can hinder authentic connection, identify strengths and interests to widen your social opportunities, and develop skills such as boundaries, assertiveness and active listening for healthier social engagement.

Discharge planning supports progress beyond treatment, with clear goals, relapse prevention plans and strategies to maintain supportive relationships after discharge.

You'll be supported to set SMART goals, aligned with what you enjoy and find meaningful, to build motivation, direction and a sense of purpose.