## we can help

to end addictive behaviours; we'll help you to find ways to cope and to change your behaviour, improving your mental and physical wellbeing and setting yourself free.



#### Saint John of God Hospital

Saint John of God Hospital is an established independent, not for profit, provider of Mental Health Services with experience spanning over a century.

Its provision of a therapeutic environment conducive to recovery and the clinical experience of its teams consisting of consultant psychiatrists, psychologists, doctors, specialised nurses, social workers and therapists, places Saint John of God Hospital as a recognised leader in the provision of advanced therapeutic treatments

- Addictions
- Psychosis
- Eating Disorders
- Psychiatry of Later Life
- Stress and Anxiety Disorders
- Adolescent Mental Health



Hospitality • Compassion • Respect • Justice • Excellence

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Saint John of God Hospital Stillorgan County Dublin

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# freedom from addiction





Where listening creates *hope*.





Imagine a life of wellbeing, of health and happiness.

**Saint John of God Hospital** brings freedom, hope, self-respect and a fresh start for those living with addiction.

We have helped thousands of people to put their lives back together and today, right now, all of this experience is here to help you.

We combine this expertise with the world's most advanced treatments as we help to tackle the problem at its root.

With input from some of Ireland's leading consultant psychiatrists, psychologists, doctors, specialised nurses, social workers, occupational therapist, complementary therapists, we can help you and your family recover from alcohol, drug, gambling and process addictions.

Imagine your life back in your hands.

#### Alcohol

We'll help you to recover, physically and psychologically, from the damage alcohol has done to your body, your mind and to your family. We'll help to set you free in a discrete, caring, non-judgemental 28-day in-patient programme. And we'll give you the motivation and the strength you need to live a full, free life, for the rest of your life.

#### Substance Misuse

With the help of our highly experienced, highly trained team and working with others suffering from the same sort of issues in a group treatment programme, we can help to end addictive behaviours. We'll help you to find ways to cope and to change your behaviour, improving your mental and physical wellbeing and setting yourself free. We deal specifically with addictions to ecstasy, cocaine, amphetamines, internet purchased products, benzodiazepines, codeine and cannabis (although this list is not exhaustive).

#### Gambling

You're not alone. We have helped a great many people and their families to come to address, understand, repair and recover from addictions to gambling. We've helped them to lead normal lives again, free from compulsive and damaging behaviour with happier, healthier work, family and social relationships again.

#### Process Addictions

We also have helped a great many people and their families to recover from sexual and internet-based addictions (sex and/or gambling).

### what to do next

If you or someone you know and care about is suffering from an addiction, then the first thing to do is to make an appointment with your GP.

They will refer you to a Saint John of God Hospital consultant and at the first appointment we will take a careful assessment to examine the symptoms - the addiction - and begin to identify the causes.

Then we will put together a treatment programme, tailored to your individual circumstances.

But it all starts with that appointment with your GP.

Make it today.

#### What it costs

If you have private health insurance, it will cover your treatment, depending of course on your cover (call us to check).

If you don't have private health insurance, you will be asked to pay a deposit on admission and regular payments thereafter.

