

Free counselling and peer support for those struggling with drugs and alcohol

Who we are and what we offer

Our vision is to be recognised as the go-to charity in our community to help those with no or limited funds to overcome their struggle with drugs and alcohol.

Our mission is to reduce the negative impact of drug and alcohol addiction on our communities and help those struggling to find recovery and lead healthy and productive lives. We do this by providing free counselling and peer support, and we are establishing a mixed, abstinence-based rehab house with a 90-day residential programme.

We provide our services throughout London but primarily in Haringey, Islington, Barnet, Camden and Enfield.

Free counselling and peer support

We work with statutory-funded bodies and the voluntary and community sector to help their clients with addiction and substance abuse problems and provide free counselling, either in-house or via a partnership with Azura Minds. And earlier this year, we agreed a partnership with Mind in Haringey where they can refer clients to us.

Two of the trustees, Sean Robinson and Garry Durston, are also peer supporters with lived experience of addiction and are the first points of contact for new clients before counselling begins.

A professional can refer a client or anyone can make a self-referral at www.rehabit.uk

We will contact potential clients within three days of receipt of the referral. We can't guarantee that we can provide counselling to everyone and through our triage process we will identify those in most need and who we can help.

Unless a counsellor has experience and track record of helping clients reach abstinence through a reduced drinking programme we ask counsellors to work to an abstinence approach.

Clients with history of heavy daily drinking and opiate-based drug use might need detox before we can begin working with them – we can offer guidance on this. We can make exceptions if a client is on a reduced dose of self-medicating prescription drugs and has taken medical advice from GP or doctor.

Everyone who contacts us will be given guidance on what other services are available and offered a peer support session or conversation.

Counselling can be one-hour a week, ideally face-to-face but also video where appropriate, for six, 12 or 24 weeks depending on the needs of the client. All counsellors are BACP-recognised or members, have supervision in place, and are trained in integrative, psychodynamic, CBT or psychophonetic techniques.

Where we are

Currently, our location is 113-115 Fonthill Road, Finsbury Park but we can arrange for counselling at affordable locations that are convenient to the client and counsellor.

Client testimonial

A satisfied client who has finished counselling and peer support was keen to recommend our services to others:

“If you are willing to change but just need that help and a push in the right direction, Rehabit is perfect for you. I had just come off of a one-week drinking bender and generally I felt like I didn’t want to do anything, especially work. I had no motivation and felt very negative about everything. I now feel hopeful and excited about pursuing a new career as a fitness trainer!

“Meeting one of the peer supporters before I started counselling really helped. We had a coffee and it was nice to speak to someone who had similar experiences to me.” Anon, September 2023.

What do we want to achieve in 2023-24 and beyond?

- Provide addiction counselling to at least 24 new clients.
- Get more peer supporters with lived experience of addiction involved.
- Deliver more addiction awareness training sessions to our peers in the sector.
- Get the support of an influential patron.
- Run a 12-week pilot daycare programme.
- Meet accelerated funding targets to establish our first abstinence-based, mixed residential rehab house in London providing 90-day recovery programmes for those with no or limited funds.

About us

The Charity Commission have recently approved our request to change our name to Rehabit (charity number: 1188034). Rehabit is an evolution of From Rehab to Life Foundation, our previous incarnation.

Sean Robinson, trustee and peer supporter

Sean has extensive experience in the media and communications sector. A recovering addict himself, eleven years clean and sober, has held voluntary peer support roles helping others with addiction. Contact: sean.robinson@rehabit.uk and 07801 624027.

Dave Smith, trustee

Dave brings a wealth of leadership, business and commercial experience in the charity sector where he has established long-term relationships that continue to serve the community. Contact: dave.smith@rehabit.uk and 07482 758220.

Garry Durston, trustee and peer supporter

Garry spent over thirty years working in advertising and marketing across big labels in London. Being clean and sober for seven years, he wants to help others suffering with addiction. Contact: garry.durston@rehabit.uk and 07740 241291

Sean and Garry can also deliver addiction awareness coaching or training to peers in the industry and community groups. Contact Sean to find out more.