

Who we are

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

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

Drop in assessment times

Seven Sisters Road

Monday, Wednesday, Friday 10am – 3.30pm
Tuesday, Thursday 1pm – 3.30pm

Gray's Inn Road

Monday, Tuesday, Wednesday, Friday 10am – 3.30pm
Thursday 10am – 12pm

Contact details:



99-101 Seven Sisters Road, N7 7QP
020 3317 6099

309 Gray's Inn Road, WC1X 8QS
020 3317 6650

28b King Henry's Walk, N1 4PB
020 3317 7277



nlft.betterlivesreferrals@nhs.net

CAM661



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.

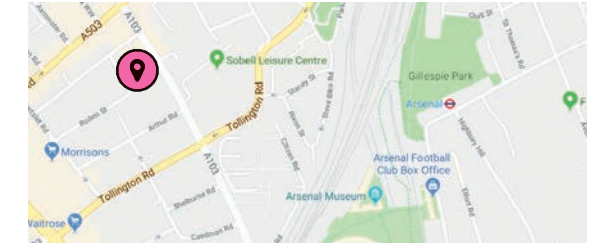
Alternatively, any professional, such as a housing support worker, social worker or nurse, can make the referral on your behalf.

What we offer

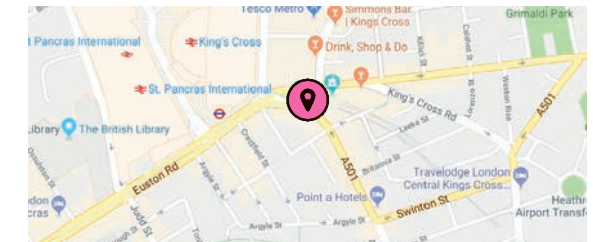
- One-to-one key working
- Group work and day programme
- BBV testing and treatment
- Treatment in GP surgeries
- Assessment and access to residential detoxification and rehabilitation
- Family and carers' support and advice
- Specialist women's groups and support
- Psychological therapy, counselling 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

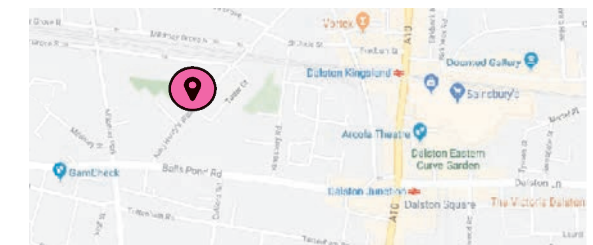
Better Lives runs from three locations:



99-101 Seven Sisters Road, N7 7QP 020 3317 6099



309 Gray's Inn Road, WC1X 8QS 020 3317 6650



28b King Henry's Walk, N1 4PB 020 3317 7277

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.

Better Mental Health. Better Lives. Better Communities.